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NILGIRI JOTTINGS
ON
FOOD VALUE OF VEGETABLES

(WITH VARIOUS RECIPES)

BY
BEATRICE A. VIEYRA

Author of "Housewife's Companion", "Culinary Art Sparklets",
"Souvenir of the Silver Jubilee"

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DEDICATED
BY KIND PERMISSION
TO
HER EXCELLENCY
THE LADY BEATRIX STANLEY, C. B. E.

As a humble and earnest token
of gratitude and admiration for the
wholehearted sympathy and warm
interest evinced by Her Excellency
in relieving the distress of the un-
fortunate and poor.

PREFACE

Being interested in the subject of food and food values, I have made an attempt in this little book to treat specially of vegetarian cookery, and to place before the public a clear and concise idea, of what vegetables really are to our health and well-being. Modern research into the value of foodstuffs has confirmed the dietetic value of vegetables and the necessity of their forming a greater part of the food of man. It is also seen that the interest in vegetable cookery has manifestly increased and it is indisputable that a very large number of persons have accepted the idea that a sort of modified vegetarianism would be attended with great advantages to health and well-being. I have further endeavoured to show that vegetable dishes in themselves or vegetarian cookery may be made dainty and tasty, and also, that the possibilities within the reach of the vegetarian cook are really encouraging; it is hoped that this book would suffice to introduce to the people ideas of cooking many toothsome dishes other than the ordinary ones in daily use, and thus merit by giving a wider range of plain but pleasant fare. The users of purely Indian vegetables, it is hoped, may find the directions given for cooking the English vegetables helpful and be induced to try the recipes. Although the quantities for each recipe are not given in weights and measurements, it is hoped that the plain and clear instructions would suffice to guide one through successfully in the preparation of the dishes. Those strict vegetarians who dislike egg or stock in the recipes, may substitute them by using cream and milk.

For the busy housewife, an ease of reference is specially seen to, by grouping together the recipes and methods of

dealing with each variety of vegetable, in an alphabetical order, and she would further find, first, the simplicity of the methods, secondly, the marvellous results both as regards palatableness and wholesomeness, thirdly, that it never occurred to her "to do this way before." Well, now given a certain number of ideas of cooking each vegetable, it is easy enough for the clever housewife to invent her very own recipes by adding other ingredients such as meat, ham, eggs, gravies and soups, thus altering the taste and making a change as it were.

I also trust that this book will be the medium of more vegetables being furnished for the daily fare and that it will prove generally useful, not to those alone, who for serious reasons abstain from animal food, but also to the many who, following medical advice, desire to reduce the proportion of meat in their daily nutriment and to supply its place with simple vegetarian diet.

In compiling this book it is with pleasure I have to acknowledge the great help derived from the writings of Professors Mottram, Plimmer, McCarrison and Doctors Aufrance, Ruble, Kellogg, Miles and others.

In conclusion I beg to offer my grateful thanks to Her Excellency The Lady Beatrix Stanley, C. B. E. for the kind permission granted me to dedicate this book to Her Excellency.

It is my further desire to contribute 10 per cent. of the sale proceeds to charities and I do trust that the public who have heartily supported me in all my previous works would find this little book useful and still continue to regard with favour their faithful servant.

Coonoor R. S. Post
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Beatrice A. Vieyra.

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Food Value of Vegetables, Pulses and Cereals

It is only too true that vegetables on the whole are curiously neglected and are not made use of sufficiently. The value of vegetables as a food can hardly be over-estimated. Distinguished medical men all over the world have pointed out from time to time the value of fresh fruit and vegetables and the necessity of their forming a greater part of the daily diet. The most important factor, from the point of view of food values, are the mineral salts contained in vegetables, which are essential for cleansing the blood, for tissue building, and for many other curative purposes, (essential though used in small quantities when compared with other foodstuffs); and they form, it is said, Alkalies (bases) in the body, which neutralises acid production by protein food, hence meat and vegetables should go together for a mixed diet, as the usual meat diet has been proved unhygienic without their co-operation.

The good results of vegetarianism according to Professor Mottram may be summed up as follows: "There are less uric acid derivatives in vegetables than meat foods, that vegetables are a good source of the Vitamins and that there is less risk of poisoning the body through the channels of the blood by decomposed vegetable, than by decomposed animal food, and the presence of cellulose (fibrous material) in vegetables helps to keep the mass of digested food loose and it stimulates the movements of stomach and intestine."

It has been further observed that a dietetic cure is now more advocated by the Physician than a medicinal one and

there are many illnesses in which altho' the solid vegetable substance may be forbidden, the juices are ordered to be given. In this connection the remarks by an authority are worth quoting here, "The day is near at hand when raw ripe fruit combined with suitable vegetables selected with reference to the individual case will be the leading remedy in the treatment of many ailments."

Much ill-health could be avoided by a greater use of fresh young vegetables and fruit as they are rich in mineral salts and vitamins, the guardians of our physical well-being, and if the body is wanting in these, several disorders arise. So it is highly essential that some fresh fruit or green salad be taken daily with food and it would be a good plan to start the day with fruit at breakfast, like the Americans do; and at tea time instead of jam, it would be better to serve tomato, cress or lettuce sandwiches. If the money that is being spent daily on sweets were spent on fresh uncooked fruit, how much healthier every one would be. All housewives should as a rule provide plenty of vegetables for the table as it signifies health in the family, and all effort to increase the consumption of fruit should be supported, for it acts as a preventive as well as a cure, and vegetables should be much more used in season when their taste and appearance are at their best.

It has not been fully realised even now, that tinned, bottled or dried fruit and vegetables cannot take the place of fresh ones. The ageing of fruit and vegetables has been definitely shown to reduce their anti-scorbutic value; thus new potatoes and carrots and freshly picked apples will contain more of Vitamin C. than those which have been stored for some months. It has also been found that mould on fruit destroys its vitamin content. If possible, it is far

better to grow one's own vegetables, and cook them fresh from the soil. But, if this is impossible, it is best to buy them fresh, and in small quantities, and to keep them on a stone-floor in a cool place until needed.

Some vegetables have considerable medicinal value as well, and it may be interesting to the reader to know the following.

Onions are said to contain iodine, and in lettuce there is a natural opium; so both these combined juices are recommended for insomnia and neuralgia. Celery has been found to be beneficial to the nervous system and of great value in cases of Rheumatism and Gout. Spinach acts as a diuretic and has a direct action upon the kidneys. Asparagus and Tomato purify the blood. Beets and turnip are excellent appetizers and a tonic as well. The fresh juice of garlic with a small quantity of milk has proved very efficacious in cases of chronic cough and lung troubles and recommended by an eminent doctor for tuberculosis; as it has been found that the powerful juice reaches every pore of the lung and destroys the germs quicker than any other drug.

Water-cress is known as a blood purifier and it also acts as a gentle stimulant and diuretic. Iron is said to be associated with the green colouring matter of leaves comprising all kinds of greens and also tender shoots and according to Sherman, the iron found in these is the best compared to the iron found in meat.

Potato is rich in potassium, and Parsnip is rich in phosphorus. Food lime is needed for the bones, muscles and heart. Among the vegetables richest in lime are greens, peas, beans and lentils. Among the Indian vegetables may be mentioned the one variety available throughout the year, the Egg-plant (Brinjal) in Tamil *Kathercoy*. This vegetable is

said to be an excellent remedy for those suffering from liver complaints. The Carrot is a blood cleanser. The Radish is a provider of calcium, which is necessary for the proper development of the body. The Beetroot having high sugar contents is both fattening and heat-producing.

The Pulses otherwise known as legumes are peas, beans and lentils (dhals) and are classed among the vegetables, but they differ greatly in composition from them as these pulses possess high nutritive value and are particularly valuable as strength producers. Being foods possessed of such high nutritive value, the legumes are deserving of a more extended use than is generally accorded them in this country. It is said that some find pulses indigestible, but this is, firstly because they are not cooked as they should be, and secondly because they think the skins of lentils are too rough, but it may be remarked here that all kinds of lentils are now obtainable in the local bazaars well cleaned and free of their skins and also reduced to fine powder. In these forms, a variety of dishes may be turned out and the recipes for a few will be found in another chapter. It is interesting to further read according to some ancient writers that legumes also had formed the chief diet of the builders of the Pyramids—they are known as strength-producing food, and to contain a large amount of protein; it is said that their proteins are better than those of the cereal grains, and so they help however to make up for the defects in the proteins of the cereal grains thus it would make a good addition to rice and wheat diets. The lentils or dhals are found to be poor in certain mineral elements, but they are rich in iron and phosphorus, and is known as the poor man's meat.

The Pulses or Legumes are obtainable in the following forms.

Peas both fresh and dried.

Beans. The kinds available mostly are, Haricots, Butter, Kidney, Broad or Scarlet runners. Haricot when green is used as French beans and in a dry state it may be compared to the local variety called in Tamil as *mutcheh*.

Lentils or Dhals of which the Egyptian or red variety known as *Mysore dhal* or Mussoor-Ka-dal is the favourite. The Black gram known in Tamil as *Siru-payer* or Urad-Kadal. The green gram variety known in Tamil as *Patchey-pyre* or moong-dal, is another good variety and generally used. Yellow gram known in Tamil as *Thovaray* the ordinary yellow dhal is largely used. Another good variety is the gram known as *Kadala*. Catiang Bean is known in Tamil as *Karamunny-pyre*. Then there is the Moth Bean known as *Tulka-pyre* and a few others, are always obtainable in the local markets.

In selecting dried foodstuffs as the above, care must be taken to see that they are fresh and sound and free from insect holes formed in them, as this shows decay has started.

It may be added here that Beans and peas, contain sulphur which is a blood purifier.

Cereals. The English cereals are Wheat, Oats, Corn, Barley, Rye etc. and among the country produce may be mentioned Rice, Indian Corn, *Bulrush Millet* known in Tamil as *Kambu*. Raggi known as *Kayur*. Guinea Corn or great millet known as *Cholam*. Then there are the two other kinds generally cultivated whose vernacular names are *Thenna* and *Veragoo*. All these grains are the chief source of Carbo-hydrates; oats, cholam and kambu have also been found rich in fats. On the whole they each have their nutritious qualities, but should be used as much as possible with the bran coat surrounding the grains or in other

words, when rice and wheat are too refined and polished in the mills they lose their nutritive value to a great extent. But grains like ragi, cholam and cambu are good foods because they are eaten in their natural state and owing to the structure of the grains do not suffer from the ill effects of the refining processes. When these grains are carefully and well prepared are easily digestible. From these cereals various flours and meals are manufactured. Certain starchy foods used as flours are conveniently considered with cereals, such as Arrowroot, Tapioca and Sago.

There are great many varieties of rice but those most used are, the Patna, Rangoon and Carolina. When selecting rice reject the over-polished kinds, as to attain the extreme whiteness, the grain undergoes treatment which considerably lessens its nutritive value. Sago pellets, Tapioca pearls and Arrowroot flour should all be of the freshest procurable as any lumping found means it is getting decayed. Ragi and all other grains should not powder when rubbed between the fingers, if they do, it shows the supply is old.

Food Value of Fruits and Nuts

Of all foodstuffs none are more wholesome and pleasing than fruits which nature so abundantly provides us with. Their delicate hues and perfect outlines appeal to our sense of beauty while their delicious flavours gratify our appetite. Ripe fruit is a most healthy article of diet and they should always appear on the breakfast table and be freely indulged in. A breakfast of fruit is an ideal way of beginning the day, as the Americans do, and it has been even suggested that to induce more eating of fruit, is to have them always as table decorations. But in cases where uncooked fruit cannot be freely eaten, many kinds may be

cooked and prove valuable, and may be thus safely eaten with any meal.

Fruit is chiefly valuable for the sugar, salts and the variety of agreeable acids they are composed of which gives tone to the human system. Fruit besides being cooling, refreshing, and stimulating, acts as a tonic and assists in purifying the blood and thereby helps to keep the vital machinery in good working order. The diet must contain a right proportion of fruit if health is to be maintained. The most important function of fruit is to adjust the balance of the blood salts which it accomplishes by means of its acids and salts, as a too acid state of the blood predisposes to disease. The mineral salts of fruit help to keep the blood in a normal alkaline condition. Fruit as a food is of trifling value apart from small and varying percentages of sugar.

Fruit besides giving us the valuable acids and salts, yields the highly important factor, the Vitamins, in a large measure. Some fruits, as the orange and the tomato, yield the three Vitamins A. B. and C. but all fruits are rich in Vitamin C. the lack of which cause dull and blotchy skins and low resistance to disease. Apples and lemons are excellent sources of Vitamins B. and C.

To get the full vitamin value of fruit, it is most important to eat them fresh, as in most cases cooking the fruit removes the vitamins. When it cannot be served fresh, stewing is the best method to employ as the valuable juices are retained.

The composition of fruit consists of sugars, starches, cellulose, pectin and organic acids which latter form the special value of fruit. The organic acids contained in fruit are citric, malic, tartaric and oxalic, and these acids exist chiefly in union with alkalies in various quantities and combinations. The pectin in fruit is the jelly producing

principle. The starch contained in fruit is converted into glucose during the ripening process.

In some fruits there are two or more acids present, as malic and citric acids are present in apples, strawberries, raspberries, gooseberries and cherries, whereas in cranberries both the above-named acids and oxalic acid are found. Certain fruits have some virtue peculiar to them; for instance it is said that the orange will often prevent influenza, while lemons act favourably on the liver. Small-seeded fruits as currants, raspberries and figs and pear are splendid laxatives.

The grape is especially beneficial in cases of fever. The melon is found to be a kidney cleanser, while pine-apple taken after a heavy meal, is a valuable digestive agent. Apricots are sedative. The juice of the black currant is a good remedy for inflamed throat and the apple cleanses the teeth and keeps it antiseptic, and besides it is a most valuable fruit as it contains phosphorus as well. Lemon contains citric acid and in diseases as Rheumatism and Gout it is invaluable. Rhubarb contains oxalic acid and is good for the liver.

Many scientific authorities consider the use of fruit very beneficial in cases of liver and kidney affections, Rheumatism and Gout. For those who are restricted from the use of much sugar from their dietary, it is important to remember that plums, peaches, apricots and raspberries have less sugar than other fruits. Those fruits containing the largest amount of sugar are apples, sweet cherries, grapes and pears, dates, figs, prunes also bananas; but the latter is the most nutritious fruit as it contains more carbo-hydrates than other fruits and has more fuel value. Among the fruits which contain the largest amount of water may be mentioned melons, oranges, lemons and grapes.

It has been further found that by virtue of the organic acids contained in fruit, the teeth are preserved as well. The small quantities of free acid excite ample salivary secretion, thereby rendering the mouth alkaline, and this alkalinity is further increased by the relative abundance of the alkaline organic salts of the fruit, and is a necessary condition for the preservation of the teeth.

Fruits may be classified into (1) Fresh, containing stone fruits, berries and seed fruits ; (2) Dried Fruits. It is proved that the nutritive value of dried fruits is much greater owing to the lessened amount of water present, but they cannot be eaten largely as fresh fruit, and cannot also be digested in quantities unless cooked. However the uses of fruit to the human system may be summed up as follows: They convey water to the system thus relieving thirst, they furnish nutriment, they act as dieuritics or laxatives, they stimulate appetite, they improve digestion and give variety to diet, and supply the all important Vitamins.

Nuts are a most valuable and nutritive food, rich in fat, which is of the purest and most digestible found in any food.

A well-known writer speaking of the composition of nuts says, "The albumin in nuts is another valuable constituent. Nuts are unquestionably the vegetable analogue of meat and other animal foods, not only containing all the food elements found in animal products, but in finer form, more delicately flavoured, and wholly free from the deleterious elements which abound in meat, and which are closely associated with all forms of animal food. All nuts are rich in albumin, so that, on an average, a pound of nuts contain as much proteid as a pound of beef-steak, and has other advantages besides."

Nuts are the most nourishing of the vegetable foods, containing as they do, a large amount of fat and protein and form a good substitute for meat, hence they are much used by vegetarians. Many on the other hand object to nuts on the ground that they are indigestible. This is due mostly to the improper way it is eaten. Nuts as a rule should not be eaten after a heavy meal. Raw nuts are hard and dry and difficult of mastication; so people with bad teeth to chew hard foods, swallow them in chunks or pieces, in which form they cannot be digested, and cause serious digestive disturbances.

Nuts are about the most concentrated foods we have, containing as they do large quantities of *protein* and *carbohydrate*, and still larger quantities of *fat*, and it is said that it is quite possible, to sustain life on a fruit diet, if nuts be included. For nut-cooking, a nut mill is very necessary or even a fine mincer would do, and to get a better flavour out of the nuts, slightly roast before grinding them.

How and when to Eat Fruit. It is especially important that all fruits to be eaten should not only be sound in quality and ripe but should be made perfectly clean by washing and wiping in the case of the layer fruits, and the smaller variety should be put into a colander and rinsed under the tap and all possible care taken to have them clean, since fruit such as strawberries and others, grown near the ground are liable to be covered with dangerous bacteria which may exist in the soil itself or in the manure used.

Fruits slightly under-ripe or over-ripe, may be made safe to eat by cooking, which softens the fibre in the first instance, and kills bacteria if any, in the second. Partially decayed and stale fruits should never be eaten, as according to M. Pasteur, the French scientist, all fruits and vegetables, when under-

going even incipient decay, contain numerous germs, which introduced into the system are liable to produce disturbances or disease. It is always safe not to eat grape and guava seeds, and the skins of tough fruits. Young children and others with whom fruit containing small seed does not agree may take the juice and pulp of such fruits, having sieved out the seeds carefully; for infants and invalids, the juice of orange, grapes and prunes are most valuable.

Fruit gives us one of the most agreeable and healthful article of diet, if it is taken as it should be. But there is also an idea established among many that if too much fruit be eaten especially in summer, the digestive organs are deranged. Should such a thing occur, it is not the fruit that causes it, but the way in which the fruit was eaten, and the disorder arising may be traced to the following: eating fruit at the end of a large meal and eaten in combination with rich, oily foods, pastry and other indigestible viands, which in themselves, often excite an attack of indigestion, as it is said that the acid of fruit tends to delay acting of the saliva on starch. When swallowed without sufficient mastication, eaten between meals, or late at night, with ice-cream or other confections, fruits, fats and meats do not affiliate, and they are liable to create a disturbance whenever taken together, and further when fruit is insufficiently ripe or over-ripe it undergoes a harmful fermentation, in the alimentary canal, which causes pain during the course of its digestion, and it is seen, that it is not the fruit but the bacteria in the fruit, that is not in proper eating condition, that causes sickness. And as Dr. Kellog says, "To eat fruit between meals is a gross breach of the requirements of good digestion."

Whether fruits should begin or end a meal is still a disputed question, but it has been agreed by those who have

given the matter attention that fruit eaten at the beginning of a meal is itself the more readily digested, and aids in the digestion of other foods, since fruits, like soups, have the property of stimulating the flow of the digestive juices.

There is however much truth in the old saying that fruit is golden in the morning, silver at midday, and leaden at night.

How and when to Eat Nuts. They should be eaten in moderation with other food at meal time and not between meals, and be chewed thoroughly and reduced to that fine cream-like consistency necessary for their perfect digestion. It is also recommended that they be eaten with some other hard food to insure their perfect mastication. For those who cannot chew them, a nut-mill or a mincer would prove very useful. Most nuts containing starch are more easily digested if cooked and the use of cooked nuts in some form is daily gaining in favour.

Vegetarian Diet

The results of modern scientific research into the values of foodstuffs, have confirmed the dietetic value of vegetables and the necessity of their forming a greater part of the food of man. Doctors are of opinion that a vegetarian diet is more suited to a tropical climate and especially so for persons of middle age, as meat is a stimulant and excessive use of it leads to serious disturbances in health. Doctor Aufrance further adds that "flesh foods harden the arteries, wear out the body prematurely and shorten life; a diet of fruit, grains and nuts was man's original diet and is still the ideal."

There is, it is said, a common notion that flesh foods are necessary for strength, but it has been proved that they are not necessary for strength, as vegetable foods possess far greater energy, and in this connection Doctor Aufrance adds that "those therefore, who believe that meat is necessary for strength are far behind the times and are clinging to something which cannot be supported either in theory or in practice" and this quotation of the great Doctor may be concluded by the words of Lind from his treatise on "Scurvy" which says "that it is no easy matter to root out old prejudices or to overturn opinions which have acquired an establishment by time, custom and great authorities."

Well however with the present agitation about the values of food and foodstuffs and its Vitamin content. There is now a growing tendency to regard meat as not only unnecessary but as a dangerous article of diet. It may not be fair to regard meat as dangerous, but it may be termed unnecessary, as one could do well or even better in health without it, having other substitutes for same. A flesh diet above all is not a fresh diet, whereas fruits and vegetables are pure and fresh and free from disease; but when flesh-food is eaten we eat the products of nature after their digestion by an animal. A flesh diet therefore has been known as a second hand diet, and is not rich in Vitamins. It has been further observed that even those who eat meat in moderation, as a rule, eat too much of it, consequently their diet becomes too rich in protein, and this it is said may lead to high blood pressure, diseases of the arteries, and the tendency to other fatal diseases, such as cancer, and tuberculosis, is greatly increased.

However to those accustomed to meat, a mixed diet is

more suited or the eating of meat be reduced to two or three meals in the week with plenty of fresh vegetables. As a change all round, serve dishes also entirely different from those composing vegetables and meat, such as eggs, cheese, and macaroni, with brown bread and fresh salads, thus giving an entire change in the menu which would be palatable and a pleasing change as well, during the week.

How very important it is, that housewives should know something of food values and the right substitutes for meat; and as the doctors are more and more insisting on the virtues of vegetables, a greater variety in the ways of cooking them is also called for; one may be advised by the Doctor to reduce the proportion of meat in the diet, or there may be others who begin to leave off a meat diet, hence the knowledge of food values is essential to the housewife.

In connection with the vegetables, women are often heard to complain that they cannot get their husbands interested in vegetable dishes—a man wants meat at almost every meal. But what does the man say? He says there is no variety in vegetable fare, and often no flavour at all. Children too, as a rule have a dislike to green vegetables, which can be explained by the dishes of stringy, watery, tasteless tough green leaves sent up for the nursery dinner. It is the common practice of cooks to have vegetables cooked in a quantity of water which is usually thrown away and then the vegetable either cabbage or cauliflower be served drowned in a so-called sauce of cornflour and water. It is all these methods of cooking and serving vegetable dishes, that brings on a disgust to this valuable food which nature so abundantly supplies us with.

It must be understood, that to make any vegetable interesting you must not only retain all its natural flavour

but must enhance that by combinations and contrast. A mistake is often made by serving two or more root vegetables together, whereas something succulent, juicy or slightly acid was needed to make the root attractive. Vegetables *sautéd* in a fry pan with the addition of butter and a sprinkling of herbs makes a world of difference to its flavour. The American way of creaming vegetables in a chafing-dish redeems even the commonest onion. The secret of securing the flavour whatever be the material or method used, is to retain its natural juices by cooking in its own steam, and hence the conservative method of cooking vegetables must be followed.

In favour of vegetarian cooking in India, it must be admitted that good Indian cooking aims at preparing foods to taste differently each time. It works on "taste" sweet, astringent, sour, even bitter. All the various kinds of pulses and cereals are prepared in innumerable ways. The wheat is always unleavened and yet delicious, light, flaky cakes can be made out of unleavened whole wheat and every kind of coarser grain ground at home between two stones. These coarser grains are perhaps too difficult to be mastered easily by the English cook. The Brahmin cook has nothing to do with flesh foods, but with flour, butter or ghee, and a few spices and vegetables at his disposal, he will turn out a pastry that is not to be scorned, and also vegetable curries, which will put to shame the vegetable squashes generally served at a European's table. The Brahmin cook, it is said, can equal or outdistance even a French *cordon bleu* in making the dry leaf palatable if not nourishing. He knows how to cook scores of different curries each with its own delicate flavour, very different from the yellow mixtures or firey compounds that is usually sent up to table by the cook. Curds and

they play an important part in Indian cookery and are prepared fresh daily in every household and there is no meal without the accompaniment of butter-milk. It must be pointed out here that the goodness of soured milk is very great as Professor Metchnikoff, author of "Prolongation of Life and the Nature of Man" says, that in the large intestine as age advances, there is an exorbitant growth of the intestinal flora, which hastens age and death, and this could be destroyed by lactic acid which is to be found in soured milk. Hence it will be seen that the diet of the Indians is much in the scientific way and there are the sound methods of cooking vegetables which are also commendable and worthy of imitation. A Brahmin cook above all is the cleanest of chefs and his culinary powers are great.

The Composition of Food

Food is the material required for the general nutrition and life of the body, but if wrongly used, it may easily be made the means of producing disease, therefore it will be seen that the food problems is one of vital importance to our health and well-being. If the body is to maintain health and vigour, our foods, after passing through the stages of digestion and absorption, must be able to be built up into, and actually become part of, the cells and tissues of the body.

The body is composed of organic and inorganic compounds. Plants, it is said, by the means of the sun's rays are able to transform inorganic material into substances which sustain life. Animals and man on the other hand, require as foods, those bodies which are both organic and inorganic in nature.

So our foods when classified under these two headings have as organic substances, *proteins*, *carbo-hydrates*, *fats* and *oils*. The inorganic bodies are certain *salts* or *mineral matter* and *water* and those mysterious, elusive bodies, to which the name *Vitamins* has been given, and in order to understand the main facts connected with diet and digestion, it is highly essential that we have a fair knowledge of these food principles.

Proteins contain nitrogen, an element which is the principal constituent of the tissues of the body, and their function is to build and repair tissues. Some of the food-stuffs containing proteins are eggs, milk, cheese, meat, fish, cereals, peas, beans and lentils (dhals).

Modern research has shown, that the diet of civilized people is too rich in protein, owing chiefly to excess of meat and it is also said that a high protein diet is dangerous, and doctors have pointed out that it is probably responsible for such diseases as hardening of the arteries, high blood-pressure and Bright's-disease. So it is said that it is better to obtain the protein we require from other sources such as vegetables, milk etc. rather than from flesh foods, and either cut the flesh foods altogether from the diet, or limit it to two or three meals in the week.

Carbo-hydrates are substances containing carbon, hydrogen, and oxygen and include foods containing cereals and sugars and their duty is to furnish energy and maintain heat. But excess of sugar in the diet is harmful and must be guarded against.

Fats and Oils are well-known substances and their chief duty is to furnish energy and heat. Example:—Butter, cream, fats of meat and fish, cereals and different nuts and the berry of the olive tree. Fats and carbo-hydrates are stored as the adipose tissue of the body and serve as a store-house for future needs.

Mineral Matter furnishes the necessary salts and all the mineral matter that the body requires is contained in green vegetables and the husks of grains.

Water, it may be said, constitutes about two-thirds the weight of the body and is in all tissues, so much does it enter into the composition of the body that it is said that a man contains enough water if rightly arranged, to drown himself. Therefore its abundant use is necessary, and one of the greatest errors in diet is neglect to take enough water. The functions of water are to dissolve food, to remove waste matter, to cool the body and to lubricate the tissues. From three to five pints each day are necessary for this, it is said.

Vitamins known as the accessory food factor, or, that life-giving part of our food, is of vital importance in our diet and the absence of which leads to diseases.

A separate chapter on Vitamins is given.

For a diet to be properly balanced it must contain all the food elements mentioned above, so a variety of food is needed, as the deficiency of one has to be made up by the other, and a large consumption of the foods poor in *Vitamins* should be avoided.

It is seen now that a knowledge of the scientific discoveries about food is essential to the modern housewife which will afford a reliable guide to the choice of proper foods. Formerly it was chiefly a matter of opinion as to which foods were good and nourishing and which were harmful and indigestible. But now the subject of nutrition is a science based upon ascertained facts and measurements, and feeding experiments both on man and animals have shown, that resistance to disease depend more largely upon food than on any other hygienic factor, and it has been

proved that a well-nourished body is a good protection against infection by germs.

The correct proportions of food required by a person in normal condition, varies with the work, weight and age of the individual, as well as with the climate. To keep in health and do the best mental and physical work, authorities agree that a mixed diet is suited for temperate climates, although sound arguments appear from the vegetarian. It has been proved that women, even though they do the same amount of work as men, require less food as a rule. Brain workers should, it is said, take their protein in a form easily digested; so fish and eggs form desirable substitutes for meat. The working man needs quantity as well as quality, that the stomach may have something to act upon. In old age the digestive organs lessen in activity, and so the diet should be almost simple as that of a child, but increasing the carbo-hydrates to maintain energy and heat and decreasing the amount of proteins and fat. Many diseases which occur after middle age are said to be due to eating and drinking such foods as were indulged in, during vigorous manhood.

For school children the diet should be varied and abundant, bearing in mind that this is a period of great mental and physical growth. Where children have broken down from over-work, the cause has been traced to impoverished diet, and it must not be forgotten, that digestive processes go on so rapidly that the stomach is soon emptied. So children, like the working man, need quantity as well as quality.

What are Vitamins?

Reading so often of the *Vitamin* contents of foodstuffs many a housewife would put to herself the question 'what are *Vitamins*?' *Vitamins*, it is said, probably belong to that group of bodies known to chemists as catalytic agents, that is, they increase or facilitate chemical action by their presence without being themselves affected, in other words, they may be described as the life-giving part of food known as the "accessory food factor" or *Vitamin*, which is vitalising, health-protecting and health-producing. According to Professor Mottram, *Vitamins* are mysterious substances present in very small amounts in many, but not all foods, and they are essential to life as their results are so magical when administered to those suffering from their lack, that one could be forgiven for thinking that the elixir of life had been discovered.

Vitamins although found in our food only in small quantities, their effect is vital, as without them the body loses its vitality and disease soon makes itself manifest. Years ago *Vitamins* were unknown and little or no importance was attached to the value of salts in foods. Now we find that the mineral matter and *Vitamins* form the more important part of our diet.

Laboratory research has clearly established the existence of *five vitamins*, and for purposes of distinction they are named after the letters of the alphabet and are called *Vitamins A. B. C. D. and E.* Each of these vitamins have their particular functions to perform, and the lack of any of these to a great extent in our diet, leads to certain illnesses.

One of the most important fact about *Vitamins* is that they cannot be made in the animal body and must therefore be supplied in the food. They are produced in plants, and

WHAT ARE VITAMINS?

Vitamins found in animals have come from the plant food taken by them. In general, *Vitamins* are found chiefly in the food that nature kindly provides for us such as, in all green vegetables and fruits, and it is left to us to utilise them in the best manner possible, and it may be here pointed out that vegetarians have one advantage over meat eaters, that they get their *Vitamins* direct from the plants.

Great changes in the kind of foodstuffs used in most parts of the world have begun from the middle of the nineteenth century, these changes were going on so gradually that our elders seem quite unaware of the alteration in the food which has taken place during their life-time. They cannot understand the present agitation about food and feeding and say "We never worried about *Vitamins* and food values, when we were young and did very well without them". They do not understand the reason of their good health, and what it was due to. It was because they were fed upon natural foodstuffs which had not had their vital elements removed or destroyed by commercial processes. Babies were also not then reared on bottles, and grew up much stronger, being suckled by their mother or a wet-nurse. Professor Plimmer says, that "previously food and factories had nothing to do with each other, but now many artificial processes have been interposed between man and the plants and animals, from which his food is derived". Cereal foods have suffered since the introduction of machine-milling and milling on the lines now familiar to us only came into general practice about 1880, so the pure white flour and the white bread are of recent date. Formerly the staple cereal of the place, rice, was pounded by hand and wheat ground between two mill-stones. By these processes only part of the bran was removed and flour produced thus from wheat, was unequalled for

flavour. But now the modern machine-mill with its steel rollers removes all the bran and germ from the grain, eating as we now do, only the innutritious core of the grains of wheat, rice, barley and maize. Rye and oatmeal it is said suffer less damage owing to a difference in the structure of the grains, just so are a few of the Indian grains as ragi, cumbu and cholam. It has been observed that people living on these grains are much stronger and healthier than those living on polished white rice.

Tinned, bottled and canned foods are now largely used and the sterilization of foodstuffs has been found to destroy a great deal of their nutritive value and also deprive them of their *Vitamin* content.

Now-a-days even our cattle, sheep and poultry too are fed upon sophisticated foodstuffs and scientists have proved that the nutritive value of the milk and fat from these animals is not as good as from animals fed on nature's green grass, and the origin of *Vitamin A* in milk is due to it, and proved to further contain twice as much of the *Vitamin A* as milk from stall-fed cows.

Fields too now receive artificial manures and grass and corn raised on chemical manures has been proved to be less nourishing than those from naturally manured fields.

It could now be observed how machines and chemicals have brought us into a dangerous position as regards our foodstuffs, hence the subject of food and nutrition has been most carefully investigated and the subject of nutrition is now a science.

Professor Plimmer says that "If we want to find races with splendid physic and health, we must look in those out-of-the-way corners of the world where geographical isolation or religious restrictions have caused the people to adhere to the primitive diet of their forefathers. Wholemeal flour,

nuts, fruits and vegetables often eaten raw with a good deal of milk and butter and little or no meat—on this diet they are healthy and live to an active old age. They do not suffer from the diseases of civilisation—cancer, appendicitis, diabetes, gall stones and such like, although they live under very insanitary conditions and may be exposed to damp and extremes of heat and cold”.

Now returning to *Vitamins* a few details are here given below, according to the distinguished authorities, Professors Mottram, Plimmer, McCarrison and Doctors Aufranc and Ruble, which may prove of ready reference to the busy housewife.

Vitamin A, it is said, is produced by the action of sunlight on the green leaves of plants, and when animals, such as cattle and sheep eat them, this *Vitamin* goes into the fat of their bodies, where it is dissolved and stored and it also goes into their kidneys, liver and other organs, and so the liver above all has been found to be rich in this *Vitamin A*. It will now be seen that for flesh eaters the liver is a good food for man to obtain this *Vitamin*. The action of sunlight on certain small plants found on the surface of the sea or in lakes, rivers and ponds, produces this *Vitamin A* in them, and the fish get this *Vitamin* by eating these plants and store it in their fat, liver and roe. Hence fish is a fine source for this *Vitamin* for man. Sprouted grains such as dhals, gram, peas and beans contain a lot of this *Vitamin* as well, and these grains, are made to sprout by the process of soaking in water and keeping them warm and moist.

Vitamin A is sometimes known as *fat-soluble A* and it is needed for growth and repair of the body, hence it is very necessary for children and adults; for the children, this *Vitamin* is needed for their growth and for adults, for the

repair of worn-out parts of their tissues. It is also needed to keep the blood in proper composition and to protect the body from infectious diseases. It has been found that the lack of this *Vitamin* in food brings on diseases such as rickets, defective teeth, diseases of the eye and bones and paralysis. There will also be a lack of vigour and vitality and a low resistance to disease. It has been found that this *Vitamin* is only destroyed in food when cooking is prolonged and when food is exposed to the air during cooking, but it is not damaged to any great extent in ordinary cooking.

A few of the foods which are very rich in *Vitamin A* and a few poor in this *Vitamin* are here given for ready reference. The foods found rich in *Vitamin A* are—milk, butter, liver, kidney, mutton and other animal fats, egg-yolk, fat fish and fish-roe, cod-liver oil, green leafy vegetables, such as spinach, lettuce, cabbage, turnip, beetroot and radish tops, carrots, sweet potatoes of the yellow variety, tomatoes, ragi and ghee. It must be noted that yellow and yellowish-red vegetables whether roots or other parts of the plants, have been proved to contain more of the *Vitamin A* than white vegetables or the white part of the vegetables as a rule.

The foods found usually with no *Vitamin A* are white flour, polished rice, cocogem or cocoanut butter and vegetable ghees or margarine also mustard oil and almond oil. There are also many foods less rich and with very little of the *Vitamin A* in them, but space does not permit to enumerate them here.

Vitamin B is produced by plants from substances which they extract from the soil and air, so the quality of the soil and the manure has much to do with the amount of this *Vitamin* the plants contain. This *Vitamin B* in the plants is found chiefly, it is said, in its seed or fruit though their

green leaves too contain it. Cereal grains are also a good source of *Vitamin B*, but the modern preparatory methods removes the *Vitamin* from them which is in the outer layer of the rice, wheat and other grains. When the wheat and rice are found of a brown colour, this *Vitamin B* is present in them and the best rice to use is that which is pounded by hand, as is usually done by people in most places in Southern India, and those rich land-owners having their own fields rather prefer through taste to have the rice, the staple article of their diet, pounded by hand in their homes, and thus they get the *Vitamin B* unknowingly as it were; and those who make chapatees as their food, have the wheat ground at home and here they get plenty of the *Vitamin B* in it. As this *Vitamin* is found to be water-soluble, the washing of brown rice and wheat should not be overdone before cooking. This *Vitamin*, it must be noted, is present in all whole-grain cereals. When white or polished rice is taken as a meal, the addition of dhals, ghee or butter makes up the deficiency of the *Vitamin B* in it.

When the parts of plants containing this *Vitamin B* are eaten by man and animals, it is said, it is absorbed into their bodies and used for their growth and repair, as well as for the processes of digestion, the discharge of waste materials from the body and proper action of the muscles, nerves and skin, and it is further proved that most of it goes to those parts of the body that have most work to do. It is therefore found plentiful in the brain, heart, liver, kidneys and the digestive organs. When these parts of animals such as of the sheep, and cattle when used as food by man, are rich sources of this *Vitamin B*, and like the *Vitamin A* is passed into the milk of animals, provided their food contains enough of fresh green grass. And eggs are also a rich source of this

Vitamin for man, as this *Vitamin* is needed in eggs for the development of their young chicks.

This *Vitamin B* may be considered to be more important for health than any other, and it is also known as the *anti-beri-beri vitamin*. When foods are wanting or do not contain enough of this *Vitamin B* there will be found a distaste for food, and it is said that the resistance to infectious diseases is lowered, and the disease called beri-beri may arise. Besides, the muscles grow weak and the nerves turn irritable and diseases as indigestion and pains in the stomach may occur.

It has been found that ordinary cooking does not destroy *Vitamin B* but when soda is added to vegetables to retain their green colour, then the *Vitamin* is destroyed. Also the much washing of food as of rice, dissolves it out into the water and may be lost in this way. It is said that wheat germ, and yeast extract, are the only two foodstuffs considered very rich in *Vitamin B*. Wheat germ is not a commercial article, but its high value shows the great importance of leaving it in our bread and flour. The amount of wheat germ which is removed from white flour is also shown by the good value of bran and middlings. It has been claimed that the addition of yeast to flour in the making of bread is enough to make the bread equal to wholemeal. The other foods, rich in *Vitamin B* are the following—egg, liver, tomato, lettuce, spinach, watercress, celery, walnuts, turnip and radish tops and also asparagus; and the brown wheat flour, cholum, cambu, ragi, oatmeal, dhals, grain, nuts of all kinds, onion, parsely, brain, heart, kidney and milk. Foods poor or containing very little *Vitamin B* are white flour, polished rice, butter and all animal and vegetable fats and oils, cheese, sugar, starch, tinned meat and honey.

Vitamin C occurs plentifully it is said in all fresh green vegetables, in leafy vegetables, and in most fruits, and some of the fruits contain more of it than others. When green vegetables and fruits are scarce or not available a good way to obtain this *Vitamin C* is to sprout grains such as dhal, wheat, peas and gram by the process of soaking them and then keeping them covered on damp earth with a moist covering and when sprouted using them in cooking the ordinary dishes, but the cooking should not be prolonged.

When animals, it is said, eat the fresh vegetables and fruit containing *Vitamin C* it is absorbed into the body, and it is present in their blood and liver. This *Vitamin C* is also passed into the milk of animals, provided their food is fresh green grass or leaves. But milk, it is said, does not contain as much *Vitamin C* as the same amount of fruit-juice.

Vitamin C is needed by the body to keep the blood pure, to help to build bones and teeth, to keep bowels healthy, and to help the body to resist infection, and this *Vitamin* is said to be found highly necessary for the prevention of that disease, scurvy, hence it is called the *anti-scorbutic Vitamin*. It will be known when there is a deficiency of this *Vitamin* in foods used, the signs of ill health appear such as paleness, beats of the heart quicken, shortness of breath, aching of joints, irritableness and loss of weight. When infants who suffer in this way, it is further said, cry a deal because their bodies are painful when handled, so it is advised that infants fed on boiled milk be given both fruit and vegetable juices, and older children raw green vegetables in the shape of salads and fresh fruit in their food.

Among all the *Vitamins*, it is said, that this *Vitamin C* is the one most easily destroyed by heat, and especially when

exposed to air during the process of cooking. The longer the cooking done the more surely it is destroyed and if soda is added to vegetables when boiling, the *Vitamin* is destroyed more quickly. This *Vitamin C* is also said to be destroyed in the processes of drying, salting and canning, but the tomato is the only exception and whether canned or fresh is rich in *Vitamin C* and also in *Vitamins A and B*. This most excellent garden produce should be freely used, and the tomato owing to its rich *Vitamin* content has established the saying that "If you can eat a tomato a day, you can keep the doctor away".

Some few of the foods rich in *Vitamin C* are tomatoes, fresh orange and lemon juice, fresh raw cabbage, spinach, sprouted peas, dhals, gram, lettuce, celery, peaches, pineapple, fresh green beans and a few others, and milk from cows fed on fresh green grass.

Foods containing very little of *Vitamin C* are white flour, cholam, ragi, cambu and other cereals, dried vegetables of all kinds, tinned fruits, tinned milk and all dried infant foods up in tins for sale. But let it be understood that these foods are of use to us, but the only idea in mentioning them as of very little *Vitamin* content is in other words to say, that to get enough of this *Vitamin* one has to take large quantities of these foodstuffs.

Vitamin D occurs it is said in milk, butter, fish oils, yolk of eggs and also in ghee and a little of it is in cocoanut and peanut oils, and none of it in any other vegetable oils. Cod-liver oil is said to be very rich in it. It is advised that gingelly oil which contains none of this *Vitamin* should be exposed to the rays of the sun before it is used as food, as this makes it better in the *Vitamin* quality content. *Vitamin D* it has been proved can also

be produced by the action of sun's rays on the skin. So the practice of the people of India of having oil rubbed over the body standing in the sun before a bath is a good source of getting the *Vitamin D* into the body it is said.

If the food does not contain enough of *Vitamin D* or if the body does not get enough sunlight, the disease called rickets occur in children and in older persons softening of the bones is said to take place. Children are also known to be nervous and restless and become bow-legged or knock-kneed and spines crooked, when their food is too poor in *Vitamin D*. It is said that the disease rickets is a common ailment for children in Europe because bright sunlight is scanty, but children in India have too much of it and they are the more fortunate ones, escaping the illness to which children in less sunny lands are subject to. It is also said that the want of sufficient Vitamin D in the food causes bad teeth and their early decay.

Vitamin E is said to be essential for reproduction and is found in seeds, vegetables and olive oil.

Professor Mottram may be here quoted regarding our daily requirement of the *Vitamins*. He says "One thing only remains to be considered while we are on the topic of the daily ration and that is the *Vitamins*. What should be the daily ration of *Vitamins A. B. and C.*? Here we can give guesses only, and they are as follows: *Vitamin A*— $\frac{1}{2}$ oz. of butter or half a pint of milk per day; *Vitamin B*—an orange, onion or tomato per day. (Possibly white bread, and certainly brown bread, in default of any other source would do. If in doubt, take a little Marmite.) *Vitamin C*—an orange, tomato, or 4 oz. of cabbage, not over-boiled, per day. For children, 1 teaspoonful of a 50

per cent. cod liver oil emulsion and the juice of half an orange or tomato has been found to be enough. The minimum quantities no one has yet estimated—it is a subject in which no one cares to experiment. Minima for *Vitamins* are not known but as long as we base a diet on milk, eggs, cheese, butter, fresh fruit and vegetables, there is likely to be no deficit of them.” It will also contain the proteins, fats, carbo-hydrates and salts, which are essential to the body.

Cooking of Vegetables, Pulses, Cereals, Fruits and Nuts

Vegetable cooking is as a rule very defective, and the common and so-called old-fashioned method which is adopted generally by the cook, that of boiling vegetables in a quantity of water and throwing the water down the sink, is to be condemned. As salts contained in vegetables is soluble, this method of cooking extracts them, and they dissolve in the water, which is thus thrown away. According to Eustace-Miles, the juices of vegetables are their very life-blood, and contain the precious “salts” of the earth turned by vegetables into a form which human beings can assimilate and these salts are found essential in cleansing the blood and for most other curative purposes. The substance of the vegetable alone is of very little good to us when deprived of the salts and juices.

So the aim in cooking vegetables should be to conserve the mineral salts contained in them, and their juices and flavour as well. Vegetables need cooking “Conservatively” i. e. with little water, or just enough to cook them. Very few

do understand the very important art of the "conservative" cookery of vegetables, although every cook considers he knows how to cook them. In "Conservative" cookery use a double-pan saucepan. Cut the vegetables up and put them in the inner pan with a little butter, when the water in the outer pan is boiling. When celery, cauliflower and artichokes are used, add a gill of milk instead of butter. Put on the lid of pan and leave until vegetables are tender, it must be remembered that it takes longer time to cook by this method, than to boil or steam them. The heat too, is of great importance, as the water in the outside pan must be kept at boiling point, and replenished with boiling water and not with cold water. It will also be observed that by this process the vegetables are neither steamed nor boiled. They are cooked by dry heat at a not too fierce degree, the only moisture in the inner pan being that which comes from the vegetable itself, and the small quantity of added liquid in the shape of butter or milk. This method will be found most satisfactory, and the result with regard to the food value of vegetables is beyond comparison with other methods. When vegetables are to be plain boiled, put them into boiling water in which salt has been added, as this hardens the water and to an extent prevents the salts from the vegetables dissolving. See that the water really boils and not what the generality of servants call boiling which makes all the difference in the cooking. To retain the essential *Vitamins* in the vegetable, cook rapidly and never add soda to retain its green colour, which can be accomplished by not shutting in the steam when cooking. Remember the important point is to add as little water as possible to the vegetable or just enough to be finished with the cooking, so there won't be the necessity to drain out

the vegetable. Should at any time any surplus of water be found, don't throw it away, but add it to the stock-pot or in making sauces, as it is the essence of the vegetables, but try to avoid this by using as little water as possible. There are however three exceptions to placing vegetables in boiling water, and these are when potatoes and Jerusalem artichokes are old and when dried Haricot beans are used; but boil them always with their skins on.

The other methods most satisfactory are the following:—

Steaming is one of the very best and most successful way of cooking vegetables, although they may lose colour in the process, the food value is enhanced, as the mineral salts are retained in the vegetables instead of being boiled out into the water. To remove the strong flavour of certain of the coarser kind of vegetables such as cabbage etc. and when they are meant to be steamed, it is best to blanch them by plunging the vegetable into boiling water for a minute or two and then rinsing in cold water. Drain well and steam which will be found delicious when done.

Green Peas are best when cooked in a closely covered jar with the addition of a small bit of butter and a spoonful of water. A little sugar and a few mint leaves improves it further in flavour. They may lose colour but a great deal more is gained in their value as food. When cooking spinach add butter after the first cooking is done as it is better assimilated by the leaves.

Another ideal method is to cook vegetables in a sauce whenever possible and to serve them in the sauce in which they were cooked, as by this process none of the goodness of the vegetable is lost.

Stewing, braising or baking are all good methods of cooking vegetables to preserve their flavour and mineral

salts, and cooking in a casserole is much to be recommended, for which latter process, the vegetables must be blanched as above, $\frac{1}{2}$ to 1 oz. of butter added to every pound of vegetables and put into the casserole with half tea-cup of water; then sprinkle with pepper and salt and cook gently over low heat or in a moderate oven until the vegetables are tender and moisture absorbed; serve in a hot vegetable dish or in the casserole itself. Potatoes are delicious when steamed or baked and should never be pared before cooking if it can be helped as the nutritious part of the potato lies next the skin.

Many kinds of cooked vegetables left over may be scalloped or sautéed and served to avoid waste, although they may not be as rich in vitamins as when cooked freshly.

The waterless cooker which can be used on any stove is a very useful article for vegetable cooking as the process of cooking in it is halfway between ordinary baking and ordinary steam cooking, and the soluble mineral elements are thereby retained.

Cooking of Pulses such as peas, beans and lentils are best done by stewing or boiling and when mature, require prolonged cooking to render them tender. Dry beans and peas should be allowed to soak for a time in cold water and then cooked; soaking besides loosens the skins; a considerable portion of which slip off whole and when rise to the top during boiling can be removed with a spoon. Use soft water in cooking. The dry lentils cook very quickly if allowed to soak a while in hot water and then be put to cook also in hot water. Salt should not be added until the seeds are nearly done, as it hinders the cooking process.

Cooking of Cereals. All grains should be carefully looked over and all grit removed before being put to cook.

Put all grains into boiling water and when doing so introduce the grain slowly so as not to stop the boiling of the water, and allow it to boil rapidly until the grain ceases sinking to the bottom, and the whole becomes thickened. Stir the grain continuously until it has set, but not at all after, as too much of stirring renders the preparation pasty, and destroys its appearance. If the grain is required quite thick and dry the pan should be left uncovered during the latter part of the cooking. If preferred moist, keep the cover on. If the grain is to be cooked in the oven, allow it to boil until well set, and then finish by putting into a dish and placing it in a slow oven.

Cooking of Fruit and Nuts. Fruits are usually at their best when served ripe and in season; however some cannot be taken in their raw state and immature fruits require cooking by which they are rendered more easy of digestion. The two methods employed are stewing and baking, and nearly all kinds of fruits admit of one of these methods of preparation. It must be remembered in cooking fruit that they contain one or more acids and when exposed to air and brought in contact with an iron or tin vessel, a poisonous compound may be formed, and besides when cooked in a tin utensil the fruit loses much of its delicate flavour; never cover with a tin cover as the steam will condense and run down to the vessel in which it is cooked and thus discolour the contents. So always use either earthen or porcelain-lined ware in cooking fruit and in paring them use a silver knife and for stirring either silver or wooden spoon. To prevent discolouration and to preserve the flavour of fruit it is best to have it pared only just before cooking, and in preparing apples, pears etc. for stewing, it is better to divide the fruits into halves or quarters before paring, as the fruit

is more easily handled and can be pared thinner and cored more quickly. Peaches, apricots and plums, if divided and stoned before paring, can be much more easily kept whole. Pine-apples should be pared and sliced or shred. Small fruit should be cooked whole. The important point to be observed in cooking fruit is to cook together such as are of the same variety, size, and degree of hardness, if they have to be cut up into pieces, care should be taken to have all the bits of uniform size. It is best to first cook fruit in a small quantity of boiling water and add the sugar only after the fruit is done, as this is an economical way, as the fruit, it will be found, needs less sugar. Fruit should be cooked by gentle simmering, as hard boiling destroys the fine flavour of all fruits especially of the smaller varieties. The aim should be to preserve as perfectly as possible the natural flavour and form of the fruit. Never add any spices, and if any other flavour than that of the fruit cooked is desired, add another fruit to it, such as lemon, pine-apple, apple and such like. Unripe fruit is much improved by a lengthy cooking which it is believed, acts in the place of the ripening process, changing the starchy matter to saccharine elements. In baking fruit, place in a moderately hot oven, if not, the fruits will turn brown on the outside quickly before the inside or centre is done. Apples and Pears are best baked. They should be washed and cored and put into an earthen or enamel baking dish. Place some sugar into the cavity of each and pour boiling water into the dish. Bake until the fruit is soft, and in the meantime keep frequently basting the fruit with the syrup formed in the dish. It is best to pare the fruits before putting to bake. Bananas may also be baked with their skins on first, and then peel them and place back on tin and baste as for apples.

To stew fruit add to each pint of fruit about half cupful of sugar according to the acidity of fruit, if needed add more. When done the juice should be a nice thick syrup.

Cooked fruit may be served at any meal, as it is one of the best and most wholesome of desserts. As fruit loses some of its sweetness in cooking, the addition of sugar is necessary when stewed. Figs and Prunes are so sweet that a little lemon juice improves them.

Cooking of Nuts. The outer brown skin of nuts which is rough and irritating to the stomach should be removed by blanching, and then ground in a nut mill or a mincer for use. Blanched almonds, baked for a short time turns quite brittle and may be easily pulverized and used, and in this way it is more easily digested. Peanuts cooked, make wholesome and nutritious food.

It is found that most nuts containing starch are more easily digested if cooked. To blanch Peanuts after shelling, is best done by placing them on shallow dishes in the oven and drying them until the red skin is very dry which comes off easily when rubbed in the hand between a coarse towel. To blanch chestnuts, after removing the shells, drop into boiling water, and boil 10 minutes, then remove, drop into cold water and rub off the brown skins and then cook in clean boiling water until they can be pierced with a fork; drain, dry in the oven and serve.

Keeping of Vegetables and Fresh Fruit

Keeping of Vegetables. As vegetables of the best quality could only be got once a week in the market, that is on shandy days, and as they have to be kept in good condition, until the next week, one has to bestow some care and atten-

tion on them. To keep the vegetables fresh and green do not put them in water, as that will destroy and dissolve some of their juices. Have them spread on a stone floor in a dry, cool, dark place and do not remove their outer leaves until required. Try to exclude as much air, light and moisture as possible as it induces decay and germination. Be careful that each kind of vegetable is kept away from the other kinds, to prevent deterioration in flavour. Examine them daily to ascertain that they are not withering.

Vegetables for immediate use should be kept in wooden boxes on a stone floor in a cool place or in wire or wooden vegetable racks; green vegetables keep best if wrapped in paper; lettuce and endive may be best kept by wrapping in a damp cloth, or by sprinkling with cold water and placing in a tin pail closely covered. Parsley, watercress and mint keep best in water, which must be changed daily. Vegetables which contain sugar lose some of their sweetness by standing, such as corn and peas which are more quickly affected than others. Peas and beans should not be shelled until wanted. Vegetables should not be washed or placed in water until a short time before they are to be used, and to freshen them the best way is to cut off a bit of the stem end and to set that cut part only into water, thereby allowing them to absorb enough water to replace what has been lost by evaporation. Radishes must be placed in very little water for about an hour before using them. Asparagus to keep fresh, stand them tops uppermost in water about an inch and half in depth. Celery and leeks may be kept long by wrapping in brown paper sprinkling with water and then again folding in damp cloth and putting by in a cool, dark place, or in boxes filled with damp earth in which the root ends are buried.

Onions, shallots, garlic and chives are best hung up in netted bags. When storing Carrots, Beetroots, Radishes, Turnips and Parsnips cut off the tops and bury them in dry sand on the floor of a dry cellar. Tomatoes should be spread out on a dish or shelf without touching one another. Cabbages will keep for a time spread on the floor of a cellar in the dark. Broccoli and Cauliflower will keep for a few days if hung head downwards in a cool place. Squashes keep better spread out in a rather warm, dry place and needs careful watching and when dark spots appear cook at once. Vegetable marrows and cucumbers should be hung up in a cool, dry place. Potatoes should be stored in the dark in a dry cellar, and kept away from frost. They should be covered with straw and looked into from time to time. Any sprouts appearing should be rubbed off and damaged ones removed at once. Sprinkle them with powdered charcoal; this keeps away disease. Jerusalem Artichokes may be stored same as potatoes.

Herbs should be dried in an oven or in the sun and suspended in bunches tied in brown paper bags in a dry, cool place or powdered and kept in well-corked bottles or tins.

Remember that Vegetables quickly absorb bad flavours if left near anything decomposing and thus become unwholesome, so they should be daily looked into and decayed ones removed and never store these with other articles.

Keeping of Fresh Fruit. Fruits are in, so to say, "good eating condition" when they are perfectly ripe and mellow, but not over-ripe, after this stage deterioration follows. A change takes place in them as breaking down of tissues, as soon as fruit has attained its maturity, and in some varieties, this is rapid, in others gradual. So to keep fruits

well, the endeavour must be to retard or prolong this process of change, by avoiding all conditions which hasten decay.

Of all varieties of fruit available, apples and pears are about the only ones that keep the longest without spoiling, and with careful attention paid to certain practical points as the following, sound fruit can be kept for a longer time.

All fruits should be perfectly sound and not be too ripe; pick and handle them with great care. If you have your own garden, gather the fruits on a dry, cool day and place in bins for 2 or more weeks; if the fruit is of a late variety, allow it to remain on the tree as long as possible. The later varieties of apples and pears store best. Carefully sort out the fruits placing those most mellow and of different kinds in different bins or barrels and place in a cool, dry place where the temperature will remain more or less same. When barrels are not available, keep fruit in thin layers upon board shelves in cool place. By this arrangement frequent inspection and removal of affected fruits without disturbance of the remaining ones, can be better accomplished. Warmth and moisture are the conditions most favourable to decomposition and so should be carefully guarded against. Apples should be wiped and spread out without touching one another on shelves, in a dark well ventilated room; another method highly commended is to sprinkle a layer of saw-dust on the bottom of a box, and then put in a layer of apples, not allowing them to touch each other, upon this pack more saw-dust and then again apples, in layers, until the box is filled. After packing, place the box up from the ground in the store-room, and it will be found they keep perfectly well, retaining their freshness and flavour until brought out.

In keeping the finer kind of pears, it is best to hang them up by the stalk. Before keeping by grapes, examine

each bunch and reject those bunches in which there are any bruised grapes, or from which any have fallen out. First spread them in shelves in a cool place for a week or more, then pack them in well dried saw-dust or bran, dry cotton may also be used instead, and keep in a cool place. Another method recommended, is to dip the broken end of the stem in melted wax or sealing wax and to wrap each bunch in tissue paper and hang in a cool place or pack in saw-dust.

Lemons should be hung up in net bags or put in layers of sand in an earthenware crock. Place them in rows stalk end downwards and not touching each other—each layer of sand should be 3 inches in depth and the last layer when the crock is filled should be sand. Cover and keep in a cool, dry place. Another method is adopted by some, in placing lemons in cold water and changing the water daily. But growers of fruit wrap each lemon and orange separately in tissue paper and put in a cool, dry place. When storing nuts, the outer husks only should be removed and not the shell, and they keep well, stored in a packing case in slightly moistened sand, and kept in a dry but not too cold room.

Whatever the kinds of fruit may be, which has to be kept, great care must be taken to see that they are perfect ones and not bruised, and constant inspection of them in the store-room is very necessary to remove all the ones that are decaying.

RECIPES

Artichokes

There are three kinds of Artichokes. Globe, Jerusalem and Japanese, the two latter being root vegetables. The Jerusalem Artichoke is obtainable and is a useful vegetable which may be cooked in various ways and it also makes excellent soup. But the Japanese Artichoke, smaller, lighter in colour and with a more delicate flavour is a variety only recently introduced in England and its cultivation has not been yet tried in these parts.

The Globe Artichoke is the kind commonly met with—a green vegetable with a delicate flavour. The base of the leaves and the bottom are edible, and are only fit to be eaten when young and tender, which could be ascertained by the stalks breaking without being thready. The Globe Artichoke has three sections to be dealt with, such as the leaves, the choke and the fond or bottoms, which should be prepared for cooking as given below.

To Select. Choose as large ones as possible which are firm and solid with a well-developed fleshy base.

To Prepare Artichokes for Cooking. First soak them in salt and water in which some vinegar or lime-juice has been added, to get rid of the insects which may be hidden between the leaves. Then drain them out after a while and keep ready for cooking.

To Trim Artichoke bottoms. Cut each leaf close down on a level with the top of the fond or bottom and trim thus closely all the adhering leaves and pare off the stalk smoothly; dropping them as you do it, into water in which lime-juice or vinegar has been added, which prevents them turning black; next drain and blanch them by putting into boiling water in which salt and lime-juice or vinegar has

been added and drain them out when sufficiently soft. Next scoop out the bottoms and remove the chokes (soft flowery part) and trim them, leaving the white cup-like piece which is the bottom of the Artichoke to be used. The fonds or bottoms of Globe Artichokes can also be prepared for cooking as follows:—Pare the stalk smoothly and closely and boil them whole until tender which can be ascertained by the leaves parting readily when pulled from the base. Now drain well, pull out the leaves, scoop out the chokes and keep by the soft white piece which is the bottom of the Artichoke used for cooking the various dishes. The soft tender white part of the base of the leaves are also edible.

Recipes

Boiled Globe Artichoke. After cleansing well and cutting away the stem as close as possible, remove a few of the large lower leaves. Then place it head downwards in a pan of boiling salted water to which a little lime-juice has been added and cook until the leaves can be easily drawn out from the core, when it is ready. Next drain them and press out all water, part the top leaves gently, scoop out the choke or flowery part from the centre and send to table hot, dished on a folded serviette with Dutch sauce or melted butter, for these latter see recipe given elsewhere. Serve one Globe Artichoke per person. The leaves drawn out and the base of same dipped in melted butter and eaten is preferred by many and the fond or bottom of the Artichoke is also thus eaten and considered delicious.

Artichoke Bottoms Sauté. Take boiled and trimmed fonds or bottoms, cut them in quarters, heat some butter in a

pan, put the pieces into it, stir gently; add pepper and salt to taste and serve hot, sprinkled with chopped parsley. It may also be re-heated in milk or white sauce and served.

Artichoke Bottoms Fried. Take cooked fonds or bottoms, and use either whole or cut them in halves. Make a batter of flour, milk and eggs and let it be of a thickish consistency and dip each bit in the batter, roll in bread crumbs and fry in hot oil or fat to a golden brown colour. Sprinkle salt over and serve with fried parsley and melted butter.

Artichoke Bottoms Stuffed. Take cooked and trimmed artichoke bottoms, and fill the hollows with any mince either mutton, poultry or even prawns or green cooked peas, then arrange in a baking dish, pour gravy or soup all round and bake in a hot oven till ready.

Artichoke Salad. Take very young and tender artichokes, wash thoroughly and quarter them. Remove the chokes and eat the white, crisp, tender bottoms like radishes with pepper, salt, vinegar and salad oil. They taste like nuts and make a nice relish.

Artichoke Stewed. Take the boiled and trimmed artichoke bottoms either stew them in gravy or soup with a little pepper powder and salt or in white sauce which is made by melting butter, flour and milk together with pepper and salt; next add the artichoke bottoms and cook for a while and serve hot.

Cold Cooked Artichokes. Take some boiled and trimmed artichoke bottoms, mash them up with milk, white sauce, soup or gravy and season with pepper and salt, put the mixture into a pie dish, dust over with bread crumbs or grated cheese and bake in an oven to a light brown colour, or if liked, the preparation may be put into little patty pans, baked as above and served on a Serviette.

Artichoke with Eggs. Take prepared boiled artichoke bottoms, trim and keep by. With a silver knife scrape out the edible part of the leaves, that is the base of each leaf and make this into a paste with butter, pepper and salt. Have the required number of eggs poached and lay each one on an artichoke bottom. Now put the prepared paste on the eggs, sprinkle some grated cheese over all with tiny pieces of butter between. Just heat it in a moderate oven and serve very hot.

Artichokes Jerusalem

To Select. Choose large tubers as they are better and somewhat pebble-shaped, solid and with as shallow eyes as it is possible to get them.

To Prepare for Cooking. Wash, clean and peel them. Cut up into rounds or oval form, putting the bits at once into a basin of cold water to which a few drops of lemon-juice or vinegar has been added as this prevents its turning black. Then drain and keep ready for boiling. When artichokes are old, put them into cold water, bring slowly to the boil and simmer till done.

Recipes

Boiled Jerusalem Artichokes. Prepare them for cooking as given above and after draining them, put them in a pan of boiling salted water, bring to the boil and then simmer until the bits are soft and can be pierced through easily. Take it out at the right time, if over-cooked they turn black and lose their flavour. Drain, pour melted butter sauce over and serve in a hot vegetable dish.

Purée of Artichokes. Boil as above, rub through a sieve, reducing it to a pulp; put a spoon of butter into a pan,

when heated add the pulp, sufficient milk to form a thick consistency and season with pepper and salt to taste and serve. If liked, put the mixture into a pie dish, dust over with grated cheese, bake and serve.

Artichoke Soup. Having prepared the artichokes for cooking, take one pound of same, put it to boil with a pint and half of any white stock or soup, skim and simmer until soft. Then pass it thro' a sieve, and then put the pulp back into a pan, add about 4 ozs. of milk and water, bring to the boil stirring all the time. Season with salt and pepper to taste and serve. A few onions and a stick of celery may also be added if liked when boiling the artichokes and before sieving.

Artichokes Au gratin. Boil artichokes as given above and when soft, drain and slice them. Make a sauce of butter, flour and milk with an ounce of fine brown bread crumbs, salt and pepper and add to it the sliced artichokes; grease a pie dish and put in the mixture, cover with crumbs and bake in a hot oven till browned and serve.

Artichoke Chips. Peel and thinly slice them and throw the slices into cold water for a minute. Then drain the slices and dry well in a towel, fry in hot fat or lard until brown and crisp as you would potato chips. Drain well from all grease, sprinkle with salt and pepper and serve very hot.

Do not peel these Artichokes long before they are wanted as they turn black.

Artichoke Sauté. Brown a few onion slices in butter, slice artichokes and put them in with salt, pepper and minced parsley, toss in pan till cooked and then place on a dish. Pour just a little vinegar into the pan, boil it up and then pour this sauce over the artichoke slices in the dish and serve. Lime-juice may be used instead of vinegar as liked.

Roasted Artichokes. Roast them as you would potatoes, put in a Serviette and serve with melted butter. They are delicious.

Artichoke Fritters. Parboil the Artichokes, cut into strips rather thick and long, dip in batter made of flour, milk and eggs of a thickish consistency and fry a golden brown colour.

Artichoke Cream. Take half a pound of Jerusalem Artichokes, one egg, five ozs. of milk, salt and pepper to taste with two tablespoonfuls of whipped cream and some tomato sauce. Boil, peel and pulp the artichokes. Make a custard of the milk and eggs and keep by. When cold add to this the pulp and whip it together, then add the cream with salt and pepper to taste. Steam in a buttered mould for half an hour and serve pouring the tomato sauce over it.

Asparagus

There are three varieties of this, but the green more naturally grown is better in flavour. The last shoots of the Asparagus is called Sprue: they are thinner and smaller than the earlier Asparagus and has delicious flavour.

To Select. Choose fresh and tender ones. Quite a third of the stalks should be green and the natural scales so closely attached as to appear even with and part of the "blade" and the ends should show they have been recently cut and the stalk should snap off quickly when broken.

To Prepare for Cooking. Cut stalks off as far down as they are brittle. Pick and carefully wash. Tie them up in bunches or bundles with tape, just enough to serve to one person, then tie all the bunches together and stand the lot in cold water till put to cook. Take a deep kettle and stand the tied up asparagus bundle in it and pour boiling water to

cover all but the tips, add salt and a little sugar, and boil well covered and till the stalks are tender, yet firm in appearance. If boiled too soft it loses its flavour and is uninviting. The test to know whether asparagus is well cooked and nicely done is when it only bends lightly and does not fall heavily down when the thick end of a cooked asparagus is held between the fingers. Asparagus should never be laid down flat in a vessel and cooked. The heads standing up will be cooked with the steam. The green ends of Asparagus are cut in 2-inch lengths for cooking when they are known as asparagus points. Asparagus peas are made by chopping the green ends of the shoots into dice, and then treating as peas. These two ways of treating asparagus makes good garnishes for dishes.

Recipes

Boiled Asparagus. Boil asparagus as given above, drain well and serve on a folded Serviette or in an asparagus dish with Dutch sauce or oiled butter as recipe given elsewhere.

Steamed Asparagus. Prepare the same as for boiling, tie in muslin and steam over boiling water until the green part is soft. Drain and serve as for boiled Asparagus.

Stewed Asparagus. Wash and break into pieces about an inch long, add just enough water to cover and simmer till tender, then make a sauce with milk and flour pour into it, boil up together once, add salt to taste and serve!

Asparagus Mould. One bundle of tender green asparagus, one and a half ounces of butter, the yolks of two eggs, a cupful of flour, pepper and salt to taste. Chop up the asparagus into small pieces, boil in salted water for ten minutes, melt butter, add pepper and salt, then stir in the flour, and then some

stock or soup and let it simmer; add also the beaten yolks of eggs to it previously mixed with a little stock or milk and then the asparagus. Pour into buttered mould, place it in hot water and cook it. When cold, turn out and serve.

Purée of Asparagus. Break off the tops of green asparagus, boil them till tender in salted water and drain in a towel. Put two tablespoonfuls of butter with about half a pound of the tops, stir well over a moderate fire with a sprig of fresh parsley; mash the asparagus up well, add a little arrowroot, salt and sugar. Mix well and serve.

Asparagus Peas. Chop the green ends of the shoots into dice and then treat them like Peas. They may also be served as follows: Boil the asparagus whole, then chop the ends as above together with a boiled onion, add salt and pepper to taste. Add the beaten yolk of an egg, heat it up and serve on sippets of toasted bread pouring over it a little melted butter.

Creamed Asparagus Points. Take the sprue or smaller asparagus. Scrape and wash and cut the tender part into pieces an inch long. Put into boiling water and boil till tender and drain. Make a white sauce with flour, butter and milk. Now melt an ounce of butter in a pan, add the asparagus points, a tablespoonful of the white sauce, the beaten yolk of an egg and a tablespoonful of cream or thick milk. Season with salt, pepper and a pinch of sugar and stir over the fire, add just a little water to cook all and when ready, serve in a hot entrée dish.

Cream of Asparagus Soup. Take one bunch of Asparagus, break off the heads and cook them with the stalks in one pint of water till reduced to half the quantity. Now place two tablespoonfuls of butter in a pan and when heated add a little flour and then a pint of milk to it; after a while add the cooked Asparagus, salt and pepper to taste and serve.

Beetroot

There are many kinds of beetroots, but the round turnip shaped and the long carrot shaped, being the most generally found and used for the table. These may be served hot, as a vegetable, or cold, as a salad with sharp dressing. The tender beetroot leaves can be dressed as spinach. Beets contain a large quantity of sugar.

To Select. Choose young beets which have smooth skins as when they are old they are apt to be tough and fibrous. The flesh should be a dark blood colour and with fresh green leaves. If the roots are found with sand on them, the fresher they are, as clean roots generally show that the beets have probably wilted and been freshened by soaking.

To prepare for cooking. Wash carefully taking care not to break the skin. Cut the tops off above two inches, if cut too short the beet will lose colour and sweetness. Cook in boiling water till tender and add the salt just half an hour before taking from the fire. To test beets if cooked avoid puncturing them, as much as possible, as the sweetness of it goes into the water. When pressed with the fingers, if they are found soft, they are ready. Beetroot is far better baked or steamed than boiled.

Recipes

Boiled Beetroot. Choose young beets, cut the tops off as given above, don't let the skin get bruised as the juice runs out and the colour of the beet is lost. Now put the beets to cook in a pan of boiling salted water and boil gently with pan covered. When soft on touch, drain and drop into cold water, by which the skin comes off when rubbed with the hand. If to be served hot as a vegetable, put into a hot dish,

season, and pour melted butter or parsley sauce over it. If used cold, peel and cut the beetroot into slices, sprinkle with salt and pepper, pour over it a little vinegar or lemon juice, sprinkle with chopped parsley and serve.

Beetroot Hash. Chop quite finely an equal quantity of cold boiled beets and boiled potatoes. Put into a shallow saucepan, add salt and sufficient milk just to moisten; sprinkle pepper powder and toss about frequently until well heated and serve hot.

Beetroot Salad. Chop equal parts of boiled beets and fresh young cabbage boiled. Mix thoroughly add salt and just a little sugar to taste and pour over some lemon juice or vinegar and serve.

Stewed Beets. Cut baked or boiled beets into slices, put into a pan with just enough milk to cover, thicken gravy with a little flour, add pepper and salt, a little lemon juice or vinegar and just before serving add a small lump of butter; simmer ten minutes and serve.

Beetroot with Cocoanut milk. Take two cold boiled beets and slice them, add to it two Bombay onions thinly sliced, a few green chillies as a garnish, and arrange in layers in a dish. Pour over the whole one cup of thick cocoanut milk, add salt and serve as an accompaniment to any meat dish.

Fried Beetroot. Cut a cooked beet into slices, make a thick batter of a tablespoonful of flour, pepper, salt and just a scrape or two of nutmeg. Dip each slice in this batter, toss in bread-crumbs and chopped parsley and fry in butter or lard. Drain and serve hot. If liked, an egg beaten up may also be added to the batter.

Devilled Beetroot. Take a small cooked beet, an onion, a teaspoonful flour, three tablespoonfuls of milk, a pinch each of mustard powder and salt, a teaspoonful of butter and the same

of sauce, any kind, if at hand. Fry half the onion in butter till brown, then put in the sauce, salt and mustard. Mix the flour with the milk and add to it. Then add the balance onion and cook for a few minutes—next add to it the beets sliced; simmer and serve. Those desiring it extra pungent can vary the dish by adding some green chillies chopped up with more onions as well.

Beetroot Soup. Take two cooked beets, a small head of celery, a few onions, one pint of milk and one pint of water. Peel and chop up the beets with the head of celery and put them to cook with the milk and water till soft; then pulp the whole through a sieve (wire strainer) and add to it a little butter and salt, serve hot, with sippets of toast.

Baked Beetroot. Peel and slice a large boiled beetroot. Have ready a cupful each of bread-crumbs and soup; add to the soup pepper and salt to taste and a dessert spoonful of vinegar or lemon juice. Now butter a pie dish, arrange the slices of beet in it, sprinkle over with the crumbs, moisten it with the soup, then continue thus in layers, and lastly place bits of butter over the top. Put into a moderate oven to get thoroughly heated and then serve. As a variation a little grated cheese may be also mixed with the crumbs., or ham minced and added or hard boiled eggs chopped up, and mixed; if liked any of these as a change, would be nice.

Beetroot with eggs. Peel and slice up thickly two cooked beets, and place each slice on croûtons of bread. Poach a few eggs, trim off the edges neatly and place them on the beet slices on toast. Garnish with chopped parsley and serve. The bits of beet left may be cut up into fancy shapes for garnishing.

Buttered Beetroot. Take boiled beets, rub off skin and cut into thin slices, dust over with pepper and salt and put

into a deep pie-dish. Then pour over sufficient melted or warmed butter and stand the dish in a hot oven for five minutes and serve hot.

Beans

There are several varieties of this class of vegetable, and in their immature state, are prepared and cooked like other green vegetables. The most generally found are the Scarlet Runner, Lima, Stringless, Kidney or Dwarf, French, Butter and Broad beans and many others. These contain a large percentage of protein and are very nourishing and may be used to replace meat instead of being used with it. There are two kinds of Haricot beans the red and white. They are the seeds of the Kidney or French Beans which are allowed to ripen in the pod and then dried. Butter beans have light yellow pod and are often called Lima beans and may be cooked according to any recipe for haricots. Flageolets is the French name for the young, green and tender seeds of the finest variety of French bean. They are gathered, shelled and dried before they turn white.

To Select. Choose all beans when the pods are fresh, green and juicy with small veins and unshrivelled stems. Long-podded beans should be perfectly straight, uniformly filled and even. The point of beans should be abrupt and not too tapering and should be tender even to brittleness. The seed of the kidney bean should be large, oval, flesh coloured and covered with patches of bright red, it makes an excellent shell-bean when fully matured. When young they make a delicious snap bean.

To Prepare for Cooking. Cut off the tops and bottoms of young beans and remove the strings from each side; then

cut into slices crosswise and throw into cold water with a little salt. Then drain and cook in boiling salted water just sufficient. When the outer skin of beans are well matured, shell the beans, but only just before cooking, as too long before, they become hard. If shelled beans are found too old put the beans into boiling water for a few minutes and then remove skins. Dry beans may be either boiled, stewed or baked, but must be done very slowly and should simmer gently. Beans to be baked should first be parboiled until tender.

Recipes

Puree of Broad Beans. Take half pound of shelled beans, eight ounces of white sauce, half ounce butter, pepper and salt. Boil the beans till soft—and then rub through a sieve—melt butter in a pan, add the bean pulp and white sauce. Season with pepper and salt to taste and serve hot with a garnish of sippets of toast. This is an excellent way of using beans that have gone tough and old.

Broad beans with butter. Required half pint of shelled beans, one ounce of butter, some chopped parsley, salt and pepper. Cook the beans until very soft and drain well. Melt the butter in a pan, add beans and stir for a few minutes and season with salt and pepper. Serve in a hot vegetable dish with a sprinkling of chopped parsley over.

French Beans Stewed. Take about ten ounces of French Beans, one ounce of butter, one egg, four ounces of milk, a dessertspoonful of flour, and salt to taste. Melt butter in a pan, add to it the cooked beans and next sprinkle the flour over and stir the beans for two or three minutes, next pour milk over and simmer a little. Remove the pan from the fire

and add the yolk of egg beaten up with a spoonful of water, and a little lemon juice or vinegar, salt to taste. Serve on a hot dish with a garnish of fried bread.

Haricot Beans Croquettes. Take four ounces of cooked haricot beans, flour, one ounce of butter, one egg, salt, pepper, bread-crumbs, fried parsley and some fat, margarine or butter for frying. Rub the beans through a sieve and have the pulp ready—melt the butter, stir in the bean pulp, then add to it the egg beaten up to bind the mixture, season with salt and pepper and put it on a plate to cool. Then shape it into balls or corks shapes with the aid of flour, brush over with beaten egg, dip in bread-crumbs and fry in hot fat or cocogem until pale brown. Dish on paper in a hot dish, garnish with fried parsley and serve.

Butter Bean Pie. Have parboiled one large onion, half pound of butter beans and one beetroot or one or two tomatoes fresh, also a handful of tapioca previously soaked. Now take a pie dish and place in layers the sliced up onion, beans, tapioca, beetroot or tomatoes whichever is used and then fill up pie dish with soup or water. Cover with pastry or a thick layer of bread-crumbs and bake till well risen and cooked.

Broad Beans Boiled. Have the beans parboiled and stew it in white sauce with an addition of chopped parsley, add pepper and salt to taste. It may also be stewed in parsley sauce and served.

French Beans Boiled. Have about four ounces of beans boiled, season with pepper and salt, toss in melted butter and chopped parsley, and serve.

French Beans Jugged. If cut up into small pieces, beans may be cooked in a jar just like peas, and served tossed in butter with pepper, salt, green stem of an onion chopped up,

a pinch of nutmeg powder, and just a dash of vinegar and salt to taste, or it may be stirred into a spoonful of cream; and lemon juice added instead of vinegar, and seasoned with pepper and salt to taste.

Brussels Sprouts

Brussels sprouts belong to the cabbage family, but are more delicately flavoured than the ordinary cabbage, and to be eaten in perfection should be freshly picked. Being of a convenient size they are very suitable as a garnish.

To Select. Choose those firm to touch, close, and not larger than a walnut, and having no faded yellow leaves around.

To Prepare for Cooking. Pick over and remove wilted leaves if any and put the sprouts into strong salt and water for fifteen minutes to rid them of insects. Then plunge into just sufficient boiling salted water and boil quickly with the pan uncovered until tender.

Recipes

Boiled Brussels Sprouts. Take half a pound of sprouts, half ounce of butter, salt, pepper, nutmeg and water. Have the sprouts boiled as given above—melt the butter in a pan, add the sprouts with a pinch each of pepper, salt and nutmeg. Make them hot and serve, piled on a hot dish.

Brussels Sprouts with Sauce. Boil the sprouts as above. Make a sauce of two ounces of butter, one tablespoonful flour, and a little milk or broth; boil stirring well, season with pepper and salt adding just a little lime or lemon juice. Serve the boiled sprouts in a dish, pour the sauce over and serve.

Creamed Brussels Sprouts. Take half a pound of sprouts

and boil as above and drain and keep by. Have ready some pepper, salt, nutmeg, a little brown sauce or any kind of home-made sauce, four tablespoonfuls of cream. Mix the sprouts up with these, adding a pinch of nutmeg powder. Pour cream over, heat and serve.

Purée of Brussels Sprouts. Take one pound of Brussels sprouts, two tablespoonfuls of cream, one pint milk and one pint of water. Boil the sprouts as above and when cooked pass through a sieve. Now boil the milk and water together and add to the purée. Season with pepper and salt and mix in the cream. Put it back on the fire and heat it until nearly boiling, but it must not quite boil. Serve with sippets of fried bread. If the purée is too thin, it may be thickened with a little cornflour in the early part of cooking.

Fried Brussels Sprouts. Take boiled sprouts and fry lightly in boiling butter. Season with pepper and salt and sprinkle with nutmeg before serving. Serve with poached eggs on top and it will make a good luncheon dish.

Scalloped Brussels Sprouts. Take a dozen sprouts and boil them. Put an ounce of butter into a pan and add to it a head of celery chopped up, sift in one ounce flour and pour in one pint of milk gradually, mix well and then put in the sprouts and turn the whole into a buttered pie dish. Cover with bread-crumbs, put pats of butter and bake until brown and serve.

Carrots

There are many varieties of this, the Surrey, Rubicorn and others. Carrots contain sugar, gum and much starch, and contain a fair amount of nourishment; and when well

cooked form a wholesome food. The red part of the Carrot is the best and is excellent for flavouring.

To Select. Choose those of a deep golden orange colour with smooth skin having no rootlets on it and they should be crisp when broken at the end.

To Prepare for Cooking. When young and tender carrots are used, do not scrape skin before cooking but wash and brush them and put to cook in boiling salted water, and when ready, skin should be rubbed off with a coarse towel. When carrots are old, scrape, trim a uniform size, blanch in boiling salted water, then taken out and simmered in boiled milk and water or broth. They may be also cut up in slices and cooked.

Recipes

Carrots Stewed. Wash and slice some carrots and simmer them in some milk and water or soup till tender, and then thicken it with a little flour and butter. Season with pepper and salt and keep stirring. When ready, serve carrots in a hot vegetable dish, and pour the gravy over.

Carrot Fritters. Boil a large carrot until tender and beat it to a pulp. Add to it two tablespoonfuls of cream or thick milk, two eggs well beaten up, and finely grated bread-crumbs sufficient to make the batter of a thick consistency. Take a spoonful of it and fry in lard or butter and serve with brown sauce.

Carrot Sauce. Take ten ounces of melted butter and bring to the boil, then stir into it two tablespoonfuls of boiled mashed carrots and a little salt and pepper.

Carrots Fried. Parboil the carrots whole, rub off skin and cut into thin slices, then dip in egg and finely grated

bread-crumbs and fry in hot butter or lard. Serve piled high on a dish. This is a good way to use up cold boiled carrots.

Mashed Carrots. Boil some carrots till tender and rub off the skin. Pass through a sieve and have a smooth pulp of it; add a little butter, pepper and salt, and a cupful of milk or gravy. Keep on fire, stir till rather dry and serve.

To dish young Carrots. Boil them until soft, and then rub them through a sieve; add to it some butter, salt and pepper and if liked a beaten egg. Mix thoroughly and press the preparation into a greased mould. Place in a hot oven ten minutes and then turn it out; sprinkle chopped parsley over and serve with white sauce.

Puree of Red Carrots. Take about six carrots and grate the red part of it and scald in a pan of hot water for few minutes. Drain well. Melt one ounce of butter in a pan, add the grated carrot, about four ounces of stock or milk, salt, pepper and an onion peeled and sliced. Simmer slowly for about two hours, then rub the mixture through a sieve into another pan and add to it another ounce of butter, stock or milk just enough, and a small lump of sugar, stir constantly over a slow fire until thick enough to pile in the centre of a dish and then serve.

Cabbage

Cabbage is the most popular of all vegetables and the cheapest, and obtained in the market all the year round. It forms an agreeable variety in the list of vegetable foods, and to be eaten at its best, should be freshly cut. The kinds most generally in use are the green, red and savoy with curly leaves. Cabbage is said to possess antiscorbutic virtue. M. Chevreul, a French scientist has ascertained that the

peculiar odour given off during the boiling of cabbage, is due to the disengagement of sulphurated hydrogen. Cabbage, it is said, is more easily digested raw, than cooked.

To Select. Choose hard, heavy, well-developed heads, free from worm-eaten leaves and stalks closely cut.

How to prepare for Cooking. Pick out any wilted leaves if there be and trim the stalk as close as possible. Next put it into strongly salted water head downwards for ten minutes to get rid of insects, but do not soak them. The next process is to blanch it, that is by plunging it into boiling salted water for five minutes, then drained, cooled in cold water, moisture pressed out, and then put into fresh boiling salted water for cooking. A pinch of sugar added gives a better flavour. Now boil vigorously with vessel uncovered, as this process retains its colour. Slow cooking of cabbage makes it watery and stringy. As this vegetable contains valuable mineral salts which has to be retained, steaming would be the better method of cooking, or use only just sufficient water to cook, which should be finished up when cabbage is done.

Recipes

Cabbage boiled. Boil as given above, press out all moisture and put into a hot vegetable dish and cut it across in slices. While hot, pats of butter may be placed on it before serving, also a dust of pepper.

Cabbage Baked. Take a medium sized heavy head cabbage and boil as above until soft. Then cut it in two thick slices and place in a pie-dish, put small lumps of fresh butter over it, with a dusting of salt and pepper and finely grated cheese, then place the other slices over, and again place butter, pepper, salt and grated cheese over same as before. Sprinkle

over all, a thick covering of bread-crumbs and bake twenty minutes. This makes a nice dish and a change from the plain boiled cabbage.

Creamed Cabbage. Take a small head of cabbage, remove all coarse outside leaves, cut into quarters, soak and cleanse it. Cut the stem close and chop the cabbage fine. Put into a pan, cover with just sufficient boiling salted water and cook till soft. Now make a cream sauce thus ; Melt two tablespoonfuls of butter in a pan without browning, and add to it two tablespoonfuls of flour, mix until smooth and then add two teacups milk or cream and keep stirring, when thick, season to taste with salt and pepper. Place the cooked cabbage in a dish pour the sauce over and serve at once.

Stewed Cabbage. Take a medium sized fresh head of cabbage, remove outer green leaves and then cut it into quarters ; cook in boiling salted water till it is half done, then drain, keeping by the water in which it was cooked. Chop up a few onions and have ready a spoonful of chopped parsley. Put about two ounces of butter in a pan and when melted throw in the cabbage quarters, onion, parsley, a pinch each of sugar, pepper powder and salt. When the whole is well mixed put in the cabbage quarters and moisten with the water in which the cabbage was boiled, adding just enough to cover the cabbage bits. Simmer the whole gently until the cabbage is soft, then take out and place pieces in a dish ; now thicken the gravy with a little flour and butter and pour over and serve.

Stuffed Cabbage. Select a light cabbage as the leaves will be rather open which is the best. Take two large onions, a cupful or more of bread-crumbs, a little chopped parsley, pepper and salt, two ounces of butter, and a cupful of cooked rice. Trim the cabbage and cook it whole till soft. Drain and

keep by. Place a pan with the butter on the fire, slice onion and throw into it, and when brown, mix with it the bread-crumbs, cooked rice, parsley, salt and pepper. Now take up the boiled cabbage and slightly part each leaf and place some of the mixture between each leaf of the cabbage; then tie the leaves up together and place it in a casserole fire-proof glass dish, with the water in which the cabbage was cooked, and bake until tender; serve hot.

Cabbage with rice. Parboil a cabbage and cut into fine strips and add to it just half of its bulk, of rice, which is only half done; pour sufficient milk or soup to cover with seasoning of pepper and salt and simmer till cooked. Serve with a sprinkling of grated cheese over it.

Cabbage with Milk. Boil a cabbage and cut it up into bits. Fry a few onions and green chillies in butter in a pan and when the onions are nearly browned add the cut cabbage and pour sufficient thick cocoanut milk over same and simmer gently till all the milk is absorbed, add salt to taste and serve hot. Boiled cabbage may also be seasoned with chopped onions and parsley, tossed in butter and served.

Cabbage Curry. A small cabbage or quarter of a large one, four ounces of thick cocoanut milk, a pinch of cayenne or chillie powder, one stick of turmeric ground, sufficient stock or soup, one onion, lemon juice and salt. Trim, wash and cut the cabbage into very thin cross slices, and put in a pan with the stock or soup and cocoanut milk to cover all, and boil until half done. Slice onion, melt a tablespoonful butter in a pan and brown the onion slices in it, next add the turmeric and cayenne and fry well, and then add the cabbage to it and continue to simmer until quite soft. Add lemon juice and if found too dry add a little more milk or stock, to have just some gravy. Any vegetable may be curried in this manner.

French beans are sliced as for boiling, cauliflower parboiled and broken into pieces, turnip, carrots, vegetable marrow and cucumber are peeled and cut into slices. Spinach should be parboiled, cooking it in the usual manner, as when boiling it.

Cabbage Hash. Chop fine, equal parts of cold boiled potatoes and boiled cabbage and season with salt and a pinch of white pepper. To a cupful of the mixture add half a cup of milk or thin cream, mix well and boil till well heated and serve.

Cream-of-Cabbage Soup. Cook cabbage in water till soft and press through a sieve, using the cooking water to help wash, the pulp through. Take a pint or 20 ounces of milk or stock and add to it one cupful of the cabbage pulp, mix a tablespoonful of flour in water and stir this into the preparation and boil, adding pepper and salt to taste. Melt a tablespoonful of butter in a pan, fry an onion brown in it and remove same, then pour in the soup and serve hot. If the soup is found too thick, add more milk or stock to bring to the right consistency.

Cauliflower

This vegetable is similar in composition to the cabbage, but not as nutritious. It has a more delicate and agreeable flavour than the cabbage. Broccoli is of the same variety as Cauliflower, but has a coarser head, but selected exactly. There are two kinds of broccoli—white and purple.

To Select. The heads of the cauliflower should be pure white, even, and closely knit together, with an abundance of fleshy green leaves. The flower should be solid with the parts or divisions of the sprigs almost indivisible to the eye. When dark spots are found on it, it is wilted and unfit for use.

To Prepare for Cooking. Pick out the outer leaves, cut the stalk flat so that it can sit up as it were when placed on a dish. Hold the cauliflower head downward under the tap and allow a stream of water to run through it for a few minutes; then place the flower downwards in a pan of warm salted water to drive away insects etc., which may be hidden in it. To prevent the cauliflower breaking up, it is a good plan to tie the flower up in a bit of net and then plunge it head downwards into boiling salted water, which has been clouded with a little milk which helps to preserve its whiteness. Cauliflower may be boiled or steamed but the latter method is preferred as the saline salts in it is better retained.

Recipes

Cauliflower with cheese. Boil cauliflower as above till tender. Place it on a dish and sprinkle thickly over it, some grated cheese. Pour a good sauce over it, and sprinkle with another layer of cheese and next strew over some finely grated bread-crumbs and brown the cauliflower in a moderate oven and serve. The sauce to be poured over the cauliflower is made thus. Mix in a pan over the fire, half an ounce of butter and a tablespoonful of flour until smooth and add to it gradually a breakfast cupful of water, or milk and water mixed in equal quantities, a pinch each of salt and pepper. Stir until it boils and then take it off the fire and add the yolk of an egg beaten up with a little lemon or lime juice and water.

Cauliflower Roasted. Trim the flower and blanch it for five minutes by plunging it in boiling salted water, then drain well and place it in a buttered baking dish, lined with buttered paper and cover it with same as well. Place in a

moderate oven and baste with melted butter. When tested, if the stalk end of the cauliflower is found tender, it is ready. Now remove the butter paper, sprinkle over with white pepper powder and salt if necessary and put back into the oven to brown the surface delicately. Dish the cauliflower and send it to table with a good sharp sauce.

Cauliflower Fritters. Break off sprays or sprigs of the cauliflower when half boiled, drain well, and sprinkle with pepper and salt. Now make a thick batter of flour, white of egg beaten up, a tablespoonful of salad oil or melted butter, a little tepid water and salt to taste. Make fat or butter very hot in a pan. Dip the sprigs into the prepared batter and drop them into hot butter or fat and fry until a pale brown. Drain on soft paper; serve on a hot dish piled up neatly. Sprinkle with a little salt and grated cheese if liked and garnish with either fresh or fried parsley.

Cauliflower Angratin. Take a medium sized cauliflower and boil in salted boiling water till tender and not broken, when ready drain and keep by. Now melt about 2½ ounces of butter in a saucepan and add to it three tablespoonfuls of flour; mix well, and then add about ten ounces of milk gradually, mixing well. Stir well until the mixture boils and then add two tablespoonfuls of grated cheese to it with a little salt, pepper and cayenne or chillie powder to taste. Mix all up and pour over the cooked cauliflower. Sprinkle a tablespoonful of grated cheese over it and put into a hot oven until brown and serve.

Cauliflower in Butter. Boil cauliflower in salted water until half done, when cool divide into sprigs. Melt two ounces of fresh butter in a pan, carefully put the sprigs and stew till tender. When ready sprinkle salt and pepper over it; serve in a dish with hot buttered toast round it.

Cauliflower Bouquets. Detach the numerous sprigs which form the "head" of the cauliflower. Plunge them into boiling water clouded with milk to keep them white. Simmer and when nearly done season with salt, but don't overcook them. Having them steamed is a better way. These bouquets when ready can be arranged in the centre of an entrée of cutlets etc. and may also be served by itself with any sauce poured over. These may also be put into a pie-dish with sauce poured over, and the top thickly dredged with grated cheese, and then browned in a moderate oven and served. It may also be done in layers with white sauce and cheese, or with cream or melted butter.

Boiled Cauliflower. Can be served with any good sauce poured over it, such as tomato or white sauce, with finely grated bread-crumbs sprinkled over.

Browned Cauliflower. Beat up together an egg, two table-spoonfuls of cream, a small quantity of grated bread-crumbs and salt to taste; moisten the whole with a little milk till of the consistency of batter. Steam the cauliflower until tender, separate it into small bunches, dip each of it into the mixture well and arrange nicely in a pudding dish and put it into the oven and brown it.

Mashed Cauliflower. Cook cauliflower as usual and then mash it smooth, add to it pepper, salt and cream and serve.

Cream-of-Cauliflower Soup. May be prepared the same as cabbage soup given under that heading.

Cucumber

There are several varieties of this vegetable. The small ones or gherkins are usually pickled. Cucumber may be served raw or cooked; to serve raw, pare it thickly and re-

move thick slices from both ends to remove the medicinal salts, as it is bitter. Slice thin and keep in cold water until ready to be served. To cook old cucumbers, pare them, cut into pieces and cook in boiling salted water until soft. They may after this be mashed, seasoned and served. To select these cucumbers, get those uniformly round, smooth, devoid of ribs and of a bright fresh green colour, should be tender and crisp to the nail when broken through, and firm to the touch. It is believed that the cucumber becomes less indigestible if the rind were eaten with the cucumber.

Cream-of-Cucumber Soup. May be prepared the same as cabbage soup. Cucumbers may also be stuffed with sausage or forcemeat. For this peel them, cut into two-inch lengths, scoop out the seeds, fill them with forcemeat and keep by. Put a pint of gravy into a pan with some butter and chopped parsley, put the bits of cucumber and let it stew slowly for an hour. Then take out and boil the sauce down if much left, and pour over and serve.

Celery

Celery is a useful vegetable. It is generally eaten raw, the brittle leaf stalks being the Englishman's favourite accompaniment to bread and cheese. When cooked it is more digestible and equally palatable and imparts an agreeable and peculiar flavour to soups, sauces etc., and it besides forms a pretty garnish to various dishes. The roots, green tops and outside leaves may be used as flavouring for soups and stews. This vegetable is at its best after a touch of frost. When fresh celery is out of season, the seeds tied in muslin may be used as flavouring, also the green tops dried in the oven and kept by in a tin for the same purpose.

To Select. The folded leaves should be ivory white up to within an inch or so of the tops. It must be solid with the heart quite dormant near the base. The leaves should be entire and free from worm or slug marks.

To prepare for Cooking. Have the heads of celery washed, neatly trimmed and cut into short lengths of five inches and split lengthwise in two or four pieces according to the thickness of the head. Then tie the pieces together and blanch in boiling water for ten minutes. Then remove, drain well and stew in milk and water or weak stock till tender. To serve celery raw, use only the inner stalks. Wash free from grit and sand, cut off the root, curl the top leaves and place in celery glass, nearly filled with cold water.

Recipes

Purée of Celery. Wash and clean four heads of fresh celery. Cut the white parts into small bits, with an onion sliced and four ounces of butter and put it to simmer very gently till tender. Next add to the preparation four ounces of flour mixed with about twenty ounces of milk and allow it one boil; pass it through a sieve and season it with salt, pepper and a little sugar. Next add to it a small bit of butter, a spoonful of thick cream and serve in the middle of a dish with cutlets around.

Celery Stewed. Take four heads of celery clean and trim neatly, cutting off the leaves and tops. Then cut them up into small bits or lengths and tie them in bundles and parboil them in salt and water, just a sufficient quantity. Then take and stew them in soup or stock. Now brown two ounces of butter with a tablespoonful of flour in a pan and dilute it with the stock or soup in which the celery was

boiled. Then put back the celery in it and allow it to simmer for ten minutes and serve as hot as possible.

Celery to Fry. Take boiled celery, cut and slit them in bits, dip in batter of flour and milk and fry until lightly brown in boiling fat. Place the bits on blotting paper for a while to drain. Then pile them on a serviette, like biscuits, garnish with parsley and serve with melted butter or with good brown sauce.

Celery Salad. Wash celery well and keep it cool till wanted; then dry in a towel and cut in thin sliced sticks about one and a half inch long or in short julienne shapes. Season it with pepper and salt, oil, vinegar and chopped shallot. Mix well together and serve in a salad bowl. Garnish with slices of tomato or boiled beetroot cut in fancy shapes.

Celery Creamed. Trim, cut in small bits and boil till tender two heads of celery. Melt in pan one large tablespoonful butter, add two of flour and stir into it gradually one and half cups of milk. Cook for five minutes, then drain celery, put into a baking dish, pour the sauce over it, grate cheese on top, add a few bits of butter and bake until browned and serve.

Cream-of-Celery Soup. Take stalks of celery, trim, wash and cut it into short pieces and simmer with sufficient water till soft, and then pulp it through a wire sieve and keep ready. Scald about two pints of milk, stock, or milk and water and then thicken this with two tablespoonfuls each of butter and flour, and season with a little salt and pepper. When the sauce is smooth add the celery pulped, a cupful or two, and serve hot. If too thick, add milk or stock which-ever is used, and bring it to the right consistency.

Indian Corn

Corn is a wholesome and nutritious food when well cooked and sufficiently masticated, but it is almost indigestible unless the hull or skin be broken before being swallowed.

To Select. Choose young fresh cobs, the short plump ones being the best, with well filled ears, from which the milk will spurt when the grain is broken with the finger nail.

To Prepare for Cooking. Remove the husk or outer covering and every thread of the silk fibre. Then cover the cobs with the clean inner husks and tie them on with a string.

Boiled green Corn. Put the prepared cobs into a saucepan with enough boiling water to cover; add a teaspoonful of sugar and a pinch of salt, and boil gently until the cobs are tender. Too much cooking hardens it and detracts from its flavour. Try a kernel, and when it is found that the milk has thickened and a raw taste is no longer apparent, it is sufficiently cooked. Serve the corn hot on a folded serviette and hand oiled butter, to which a seasoning of salt and pepper has been added. Remove husks before serving.

Baked Corn. Prepare cobs same as given and put the corn in a pie-dish in a hot oven and bake thirty minutes or until tender. Remove husks before serving.

Stewed Corn Pulp. Take ears of green corn and with a sharp knife cut a thin shaving from each row of kernels or score each kernel, and with the back of the knife scrape out the pulp, taking care to leave the hulls on the cob. Heat a cup and half of rich milk to boiling, add the corn, cook twenty minutes, season with salt and a little sugar if liked and serve hot.

Corn Pudding. Take twenty ounces of corn pulp as prepared above, same quantity of milk, two eggs and a little salt. Mix the corn with half the milk and heat it to boiling. Break the eggs and beat it up and add to it the other half of the milk; and next add to it the mixed corn and milk, turn all into a greased pudding dish, and bake slowly until the custard is well set.

Knol-Khol or Khol-Rabi

This vegetable belongs to the cabbage tribe, and is often called a turnip-rooted cabbage. It is delicate in flavour and quite nutritious, and it has the flavours besides of a cabbage and turnip. Select crisp and tender ones with fresh green leaves. The swollen stumps of stem on it, is eaten before it is fully grown or matured. This vegetable may be cooked according to any recipe given for turnips. The green leaves are often cooked the same way as turnip tops.

Leeks

The leek belongs to the onion tribe, but it is very much milder and more delicate in flavour. It is highly valued for culinary purposes, and generally used in soups. If served alone, take them when very young, boil and serve like asparagus, and also with white sauce.

To Select. The stalk should be pure white, clear and solid with fresh upper leaves.

To prepare for cooking. Trim off the roots of the leeks, the greater part of the green ends, and the outer skin. Tie then in bundles like asparagus and cook like it. When ready, drain well and remove the string. If the leeks are very

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thick halve them lengthways before preparing the dish. Always cook in boiling salted water.

Stewed Leeks. Prepare them for cooking as given above and split them down the middle, wash well and let them soak in a basin of cold water, to which a few drops of vinegar or lemon juice has been added. Drain and rinse in fresh water. Put in a pan with boiling stock to cover them and simmer until they are tender. Take up the leeks and keep them hot. If there be much stock left, reduce it by boiling until there is just enough to use as gravy. Season with pepper and salt, and re-heat the leeks. Add one ounce of butter to it in small pieces and stir well. Put leeks on to a hot dish, pour the gravy over, garnish with some chopped parsley. Leeks may also be boiled in salted water, drained and dished in a plate and coated with white sauce.

Leek Cheese. Prepare and boil the leeks until tender, then place in a pie-dish and cover with white sauce, grate cheese over and bake twenty minutes and serve.

Leek's Soup. Take eight fine leeks, trim off the roots and outer leaves. Divide them lengthwise into quarters and into bits, an inch long. Put these into boiling water for five minutes, then drain them and fry in hot butter till they are lightly browned. Put into a pan and cover them with some stock or weak broth, season with salt and pepper and simmer gently for an hour. Next add a spoonful of flour mixed with a little soup to it, boil up once more and serve as hot as possible. A roll or boiled potatoes sliced may be placed in the soup tureen and the hot soup poured over it and served.

Lettuce

There are two kinds of lettuce, the cos lettuce and the cabbage lettuce. The former kind is long and upright in form, and the latter is round with short leaves. Lettuce altho' known more as a popular salad vegetable may also be cooked and used in various ways, especially when they are too old to use as a salad. Those having their own vegetable garden can prepare a rare dish out of the stalks of lettuces of both varieties, which shoot up prior to seeding.

To Select. Lettuce should have fresh and crisp leaves fleshy and compact without any sign of a flower-stalk or "running to seed".

To Prepare for Cooking. Separate leaves from stalk and remove the wilted outer ones if any. Wash and keep in cold water until crisp; drain and place on a towel until wanted to serve as salad. If to be dressed as a vegetable, cook it in boiling salted water or in milk and water. Cos lettuce can be cooked exactly as the cabbage lettuce.

Recipes

Lettuce Boiled. Wash and clean the leaves well and put to cook in broth or milk just enough to cover it. Add to it a spoonful of butter, a few onions sliced up, a small bunch of Parsley cut up and pepper seasoning with salt to taste. Simmer until tender and gravy dried. Serve with white sauce poured over.

Lettuce Braised with Cheese. Clean and shred lettuce and put into a stew-pan with butter, a few finely minced onion and stir it up just a few minutes. Then cover with milk and water just sufficient and stew till tender. Add some

LENTILS (DHAL)

grated cheese to it and when gravy is nearly dry serve in a hot vegetable dish, placing on it a few poached eggs.

Lettuce Stewed. Take four good sized lettuces; trim, wash and boil in salted water until tender. Then chop them up slightly and put in a pan with a tablespoonful or two of butter, a little pepper and salt to taste. Mix a little flour in a spoonful of milk and pour in, add again to it a cupful of soup or milk and let it simmer for a while. Just add to it a squeeze of lemon juice or vinegar and serve as hot as possible with fried sippets of bread round the dish.

To Cook Stalks of Lettuce. Cut the young shoots of lettuce in four-inch lengths, tie up in bundles like asparagus and cook in boiling salted water and serve with hot butter over them.

Lettuce Stuffed. Wash four or five large lettuces and boil them in salted water. Then drain and keep by. Then open them and insert in the centre of each lettuce any kind of forcemeat desired, tie them round and then braise as given above but avoid the cheese.

Lettuce Salad. Wash, pick carefully and break the lettuces with the fingers and put into a bowl and keep ready. Just before sending to table add the salad dressing either mayonnaise sauce or a sprinkling of vinegar and salt. The recipes for sauces given elsewhere.

Lentils (Dhal)

Several varieties of the lentil are cultivated, but all are nearly alike in composition and nutritive value. The meal which lentils yield is of great richness and contains more casein than either beans or peas. The Egyptian or red lentil

(dhal) is mostly used and it cooks quicker and does not need previous soaking in water.

To Select. Carefully choose lentils of all kinds. They should be free from insect holes, lumps and any signs of decay. Crushing it between the fingers is another good test, and should it powder in the process, be sure that it is very old and unfit for food.

To Prepare for Cooking. Pick, clean and wash carefully. When lentils are previously soaked, cook them in boiling water, when dry and unsoaked, it is best to put to cook in cold water. Salt should not be added until the lentils are nearly done, as it hinders the cooking process.

Recipes

Lentil Purée. Cook the lentils soft and rub through a sieve. Melt a tablespoonful of butter in a pan, season with pepper and salt, add the lentil pulp to it and serve hot. As a garnish onions fried in butter may be sprinkled over before serving.

Lentil gravy with Rice. Rub a cupful of cooked lentils through a sieve, add to it one cup of rich milk, and salt to taste. Heat the mixture to boiling, and thicken with a teaspoonful of flour rubbed smooth with a little cold milk. Serve hot on nicely steamed or boiled rice, or with well cooked macaroni.

Baked Lentils. Take half a pound of red lentils and cook it till soft with two ounces of butter, an onion minced and some minced parsley, add also a pinch of grated nutmeg to it; put in just sufficient water to cook it. When ready put into a greased pie-dish, sprinkle with grated cheese, put few small pieces of butter here and there on the top and bake in a moderate oven until nicely browned.

Lentil Cutlets. Take half a pound of cooked red lentils and rub through a sieve, add to it a tablespoonful of chopped onions. Melt an ounce of butter in a pan, add just few slices of onion and brown lightly. Then throw in the prepared lentils, a cup of cooked rice and season the whole with pepper and salt to taste; now add an egg well beaten up, mix well and turn the mixture on to a plate to cool. Divide into equal portions, shape into cutlets, brush over with a little milk and dip in bread-crumbs. Have ready a deep pan of fat or any frying medium as cocogem, and when very hot, fry the cutlets in it a pale brown on both sides, and serve hot garnished with fried parsley.

Potted Lentils. Take four ounces of cooked red lentils and rub it through a sieve. Melt about an ounce and half of butter in a pan and add to it the lentil purée and be careful not to make this too moist. Season well with pepper and salt and add a squeeze of lemon juice. Press it into small pots and put any butter remaining over the top. This makes delicious sandwiches.

Lentil Soup. Take eight ounces of red lentils and soak for a while and then drain it well and keep by. Clean a carrot, turnip and onion and cut in small pieces. Melt an ounce of butter in a pan, put in the vegetables and lentils and mix thoroughly, add the water in which the lentil was soaked, season with pepper and salt, bring to the boil and cook two hours. Pour into a hot bowl and serve with bread. If the lentil water is not enough for the cooking add more cold water to it.

Curried Lentils. Take eight ounces of red lentils, clean, wash, and keep ready. Melt two ounces of butter or margarine in a pan, fry in it an onion sliced fine, then add to it one tablespoonful of curry powder and fry for a few minutes.

Now put in the lentils and water, and simmer gently till quite soft and thick. Serve with a border of rice.

Lentil Porridge. Mix to a smooth paste about two ounces of lentil flour with water and add a little salt to it. Boil about twelve ounces of water and add it gradually to the paste and put it on the fire and keep stirring. When ready to serve, add half an ounce of butter to it and serve. If wheat flour and lentil flour is mixed and used, it makes a nice porridge.

Mushrooms

An authority states that no fewer than forty-eight species of mushrooms are available, all of which are good to eat. The great objection, however to mushrooms, is that some of them are very poisonous, and therefore should be carefully selected and used with caution.

To Select. Edible mushrooms are generally white or brownish in hue, the colour of the gills varying from salmon pink to nearly black. They have firm brittle flesh, and do not change colour when cut. The juice is watery, and not milky, the stalks thick and frilled; they should peel easily and have an agreeable odour.

To Prepare for Cooking. Mushrooms should not be washed if one can possibly avoid it. Brush and wipe them, remove stems, peel off their cap skins and tap the top of each of them, so that the grit concealed in the gills may be removed. A fresh mushroom carefully gathered will be found quite clean after this method of cleaning. Stale and bruised ones may require to be washed, but it is best not to use such. Mushrooms may also be wiped with flannel dipped in salt water.

Recipes

Baked Mushrooms. Take about fifteen or twenty mushrooms, clean and peel them and cut off a portion of the stalks. Place them in a greased pie-dish and put small pats of butter on the top of each and season with pepper and salt. Put the dish in the oven and bake them for about twenty minutes or so. Dish the mushrooms when done on a bed of mashed potatoes in a hot dish, with brown sauce poured round, and serve.

Grilled Mushrooms. Take six large mushrooms, peel and score them and put these into an earthen dish and baste well with butter melted, sprinkle with pepper and salt and leave them to soak for an hour or more. Put them on a greased gridiron over a clear fire and cook them, turning them once. Serve the mushrooms on hot buttered toast and sprinkle them with salt, pepper and lemon juice. If liked the toast may be omitted and the mushrooms served on a hot dish with a small pat of butter on each.

Mushrooms Stewed. Pare and clean a pound or so of mushroom-buttons neatly, put them as they are done into a basin of water with a little lemon juice in it. When all are prepared, take them from the water with the hands, to avoid any sediment. Put them in a pan with four ounces of fresh butter, white pepper, salt and the juice of half a lemon; cover the pan closely and let them stew gently for half an hour. Then thicken the preparation by mixing with milk just a teaspoonful of flour and adding to it, and bring the sauce to a proper consistency by adding just sufficient milk or milk and cream; a pinch or two of grated nutmeg should now be put in. If mushrooms are found still uncooked, stew a few minutes longer, remove every particle of butter which may be floating on the top, and serve.

Mushroom Pudding. Take half pound of flour and three ounces of butter and a little baking-powder, mix with sufficient cold water and make a crust. Line a greased pudding basin with this, put in the mushrooms with an ounce of butter and a sprinkling of pepper and salt. Then cover it with a thin layer of crust on the top and boil for an hour and a half.

Mushrooms to dry. Wipe them clean, take away the brown part, and peel off the skin; lay them on sheets of paper to dry in a cool oven. When ready, keep them in paper bags in a dry place. When wanted for use put into cold gravy, bring them gradually to simmer, and they will regain their natural size.

Mushrooms stuffed. Trim and clean some mushrooms, and cut the stalks close. Turn the cups over and fill the hollow parts, with grated ham, herbs, shallots etc. place on buttered chopped parsley, pour brown sauce round, sprinkle with bread-crumbs and bake in a sharp oven. The mushroom cups may also be filled with cooked rice which has been mixed with finely chopped garlic, shallots and parsley. Sprinkled with cheese grated and bread-crumbs and a little sweet oil. Baked in a moderate oven and served with sauce.

Onions

There are various kinds of onions, the larger Spanish ones being milder in flavour than the smaller English ones. Onions are usually regarded as a condiment and is invaluable in cookery for flavouring purposes. They should also be more used as a separate vegetable, being nourishing, and it besides purifies the blood as well. Leeks, shallots, chives and garlic all belong to the onion family.

To Select. Choose large ones as possible with clear shining skin, bulb evenly formed and heavy.

To prepare for cooking. Cut a thin slice off, both top and bottom of each onion and put them into boiling salted water for fifteen minutes, drain, and when cold, peel off the outside coarse skins, then place them in a pan of water with a little salt and sugar; cover and gently simmer until tender and use. This process also deprives the onion much of its pungent volatile oil and it becomes agreeable and mild as the strong flavour of onions is objected to by some people.

Recipes

Baked Onions. Prepare four Spanish onions for cooking as above but do not peel them. Drain the onions well and roll them up, in a piece of greased paper and bake for an hour in a slow oven. When cooked, remove the peel and put into a vegetable dish, dust over some pepper and salt and pour round them some brown sauce and serve. Another method of baking onions is to peel them, boil for five minutes and drain. Then put the onions into a pie-dish, season with pepper and salt and pour over it about eight ounces of milk, with a few pats of butter on the top. Then bake in a moderate oven until onions are tender, and baste them occasionally when in the oven and serve hot.

Boiled Onions. Prepare and boil onions as given above and serve them coated with white, brown or tomato sauce.

Stewed Onions. Take two large onions and prepare as given above for cooking, and keep by. Now mix a dessert-spoonful of flour with a tea-cup of milk and add to it a few pinches of pepper powder and salt to taste. Now place the milk on the fire and stir well till it boils, when put in

the prepared onions and cook for a few minutes. Cool the stew slightly and stir into it a tablespoon or two of grated cheese and turn into a hot dish and serve. This makes an excellent supper dish.

Onions Stuffed. Take two large Spanish onions and prepare them for cooking as given above and keep ready. Make the stuffing for the onions as follows. Mix together one ounce of grated cheese, the yolks of two hard boiled eggs minced very finely, one ounce of butter, two ounces of bread-crumbs, a little pepper and salt to taste and add to the whole a spoonful or two of milk. Now cut the onions an inch or so across the top and scoop out the centre, and fill up each onion with the prepared stuffing, brush them over with egg and bread-crumbs and bake until nicely browned. Serve on a hot dish with brown gravy poured over them.

Onions with Cheese. Wash and peel three or four large onions, cut them into thick slices and arrange them in a layer in a baking dish; then sprinkle a little pepper and salt over them and place in a quick oven and remove when tender. Now strew each slice of onion thickly with grated cheese and return the dish again to the oven for a few minutes until the cheese has dissolved. Then lift the slice on to a hot dish and serve at once. Use a little mustard with the dish. This is supposed to be a German recipe.

Onion Omelet. Cut up a large Spanish onion into slices, and fry these in butter until tender without being browned. Drain and mix with it six eggs slightly beaten, add a pinch of salt and two of pepper and just a scrape of nutmeg and fry as you would all other omelets. Serve it with white sauce.

Potatoes

Among the tubers used as food, the potato is the most important and valuable article of diet. Potatoes are largely composed of starch, and so to form a complete meal, they require the addition of some fat in the form of milk, butter or cheese or eggs to bring up the balance. The chief mineral element contained in the potato is potash, an important constituent of the blood, and as potato salts are purely soluble in water, the skin of potatoes should not be removed before cooking, as there will be nothing to prevent these salts from escaping into the water in which the potato is boiled. Potatoes cooked with the skins on, are undoubtedly better than those pared. The excellence of the potato depends upon its cooking.

To Select. Choose potatoes that are perfectly round, pebble-shaped or kidney-shaped devoid of dents around the "eyes". Select those with clear, thin, smooth skin, heavy, firm, and solid, and also free from sprouts and decay spots.

To Prepare for Cooking. Wash well by using a vegetable brush and either boil, steam or bake them and then peel. If there be a need to pare them before cooking, pare them very thinly and drop them into cold water at once to prevent discolouration and cook in boiling salted water. Always select those of equal size to cook together. When potatoes are withered or wilted they are freshened by standing in cold water for an hour or two before cooking. There are endless, easy, and pleasant ways of cooking potatoes, but here space permits of only a few recipes.

Recipes

To Boil New Potatoes. Wash and put them into a saucepan with enough boiling water to cover them, add to a pound of potatoes about a teaspoonful of salt and a spray of mint. Bring to the boil and then simmer gently for twenty minutes or until soft. Then drain off all the water, and shake them over low heat until they are dry. Peel them, turn into a hot vegetable dish, add pats of butter and sprinkle chopped parsley over. New potatoes steamed is better.

To Boil Old Potatoes. Wash well and put into a saucepan and cover them with cold water and add a pinch of salt to it. When the water boils, then lower the fire and simmer gently. When ready, drain off the water and sprinkle a little salt over them. Cover with a cloth and leave them by the side of the fire to dry. Shake the pan up two or three times and then serve in a hot vegetable dish.

Baked Potatoes Whole. Choose large uniform size potatoes, wash them perfectly clean. Wipe them dry, prick them all over with a fork and put them into a moderate oven, either on the shelves or on a baking tin and cook slowly until tender. When ready place the potatoes on a folded serviette on a hot dish and hand butter, salt and pepper.

Potato Chips. Wash, peel and slice them carefully, a uniform thickness, about half that of a penny. As they are sliced, drop into cold water and let them remain for fifteen minutes or so; then drain, spread on a clean cloth to get rid of the moisture. Having dried them thoroughly, have a piece of blotting paper ready for draining the chips. Put sufficient fat or any frying medium in a pan, and when very hot, put in the potato slices, and turn them about gently with a fork. When a nice rich yellow colour is attained,

lift them out quickly with a perforated slice and let them drain on the blotting paper for a minute or two. [When quite dry, turn them on to a very hot dish, dust over with salt and serve, or if needed as a garnish, use as such.

Fried Potatoes. These are slices of cooked potatoes tossed about in butter in a pan till lightly coloured, and served. Ignorant servants are apt to mistake or confound the term "Potato chips" with "Fried potatoes". Hence these recipes are given separately.

Mashed Potatoes. Take a pound of cooked potatoes and put them through a potato masher. Melt two ounces of butter and mix with it, and add sufficient milk to make a smooth mash and season it well with pepper and salt, and serve.

Potato Croquettes. Take one pound of cooked potatoes and rub through a sieve. Melt an ounce of butter in a pan, season with pepper and salt, add a teaspoonful of chopped parsley, a pinch of nutmeg powder and the beaten yolk of an egg. Mix well and if found too dry add just a little milk to it and turn the mixture on to a plate to cool. Divide it into equal portions, flour the hands, and roll the mixture into balls or any shape desired, such as cones, rolls etc. and keep by. Beat up the white of an egg, brush the croquettes with it and then roll in bread-crumbs. Fry in hot fat, drain well on soft paper. Then pile up the croquettes on a hot dish, garnish with fried parsley and serve. This mixture may also be used as a border to serve cutlets, fillets and so on.

Potato Bake. Cook some potatoes until three quarter done, then peel them into slices the thickness of a half-penny. Butter a baking dish and arrange the slices in it closely overlapping each other like the scales of fish, sprinkle melted butter over each layer and grated cheese with

seasoning of pepper and salt. Continue this until the dish is packed, finishing with a sprinkling of cheese and bits of butter on the top. Put into a moderate oven and bake for half an hour. Serve it as it is hot.

Potato Soup. Mash smoothly some boiled potatoes, and put them into sufficient boiling stock, pass it through a sieve, season with pepper and salt, skim well and serve with fried bread. Milk may be used instead of stock.

Peas

Peas are rich in flesh-forming matter, as it contains *legumin*, which closely resembles casein in cheese or milk. When peas are young they are tender and sweet and contains a considerable quantity of sugar; when well dressed, peas form one of the most delicious food of the vegetable kingdom and is greatly esteemed. To have green peas in perfection they should be freshly gathered and freshly shelled. When peas are in their dried state, they are put to a variety of use, in the different countries where they are cultivated.

To Select. Choose young tender peas which are green and plump with seeds, seated closely together, and the stems unshrivelled; if they are newly-gathered they will be crisp and if old they will feel limp and look yellow.

To Prepare for Cooking. Peas should only be shelled just before cooking, as, if done too early they lose greatly in flavour. Wash the pod before shelling and cook in just sufficient water to cover, adding salt fifteen minutes before taking from fire. Should the peas lack sweetness, add about a teaspoonful of sugar to a pound of peas while cooling after cooking. Dried peas may be freshened by soaking it in a pan of lukewarm water for several hours, and then treated exactly like Haricots.

Recipes

Boiled Peas. Put sufficient water on the fire with a teaspoonful each of salt and sugar and some green mint and when the water boils put in sufficient shelled peas and continue boiling. Let the water only be enough to just cover the peas and not too much, as when the peas is tender and ready, there should be no water in the pan to drain away. Have a pan with an ounce of butter on the fire and turn the peas into it, dredge a little salt and powdered sugar over them and stir about well, till the butter melts and when all are well blended together serve on a hot dish.

Jugged Peas. This is supposed to be one of the best ways of cooking peas, as you get the whole flavour out of them as they are stewed in their own juice. Old peas could also be made tender and palatable if thus cooked. Take about half pound shelled green peas and put into a clean jar with a closely fitting lid and put with it a tablespoonful of butter, a little salt and sugar, a few mint leaves and a few black pepper corns. Cover the jar well down tightly, and immerse it in a stewpan, to half its depth in boiling water, and boil briskly. Just see in half an hour if the peas are cooked, if very young they will be ready. Pick out the mint leaves and pepper corns and serve.

Stewed Peas. Put an ounce of butter in a pan with some onions finely minced, a few mint leaves and parsley, a dessertspoonful of sugar and a teaspoonful of salt. Cook this a while till the onions are slightly browned, then add the pea pods, cut up; put water just to cover the whole, bring to the boil and then simmer for a while, thus you get a nice broth. Now strain out this broth and keep ready. Wash out pan, return broth to it, put in just sufficient peas to cook in the quantity of broth made and simmer until tender ;

then thicken it with butter and flour with a little pepper and salt if necessary ; add also to it a spoonful of cream if available or the yolk of an egg beaten up. Serve hot. To mix in the flour etc., the peas may be drained from gravy and kept aside, and put in when the gravy is thickened, and all the other ingredients added and is ready, otherwise the peas may get broken up.

Purée of Peas. This is a good way of serving peas when they are old. Take half pound of cooked peas and rub through a sieve, and mix with it an ounce of butter, a lump of sugar, a little pepper and salt, and put into a small pan and stir well until hot. Serve hot with cutlets etc. or use as desired.

Green Pea Soup. Take some cooked green peas and pass it through a sieve, then return the pulp to the pan, add an ounce of butter, a little milk thickened with flour, and simmer gently for a few minutes. If found too thick, add more milk. The peas may be cooked in weak broth instead of milk. Add salt to taste and serve hot.

Parsnips

The Parsnip is a root vegetable of the carrot tribe and may be cooked to any recipe for carrot. It is extremely palatable mashed or made into a purée. As the parsnip is inclined to be rather fibrous it is found indigestible to some, so select the tender ones for cooking. When well dressed it makes an excellent accompaniment to meat, and as a flavouring vegetable, to soups and stews. The parsnip contains a certain quantity of sugar and starch, but the percentage of nutritive elements contained in the parsnip is very small.

To Select. Choose thick smooth-skinned tender and fresh ones. Reject those that are wilted, pithy and coarse.

To Prepare for Cooking. If young parsnips are used, only wash, scrape well with a knife to remove the skins and drop into cold water to prevent discolouration and cook, or they can be washed and cooked, and then the skins rubbed off with a coarse, clean towel. Large parsnips should be divided as, if cooked whole, the outside is likely to become soft before the centre is tender. Either split them lengthwise or slice. Parsnips may be boiled, baked or steamed, but it is better when steamed or baked. Young parsnips cook in half an hour, when old, they require one to two hours.

Recipes

Boiled Parsnips. Wash and trim as given above and cut the parsnips into halves, quarters or slices, and put into a pan of boiling salted water, bring to the boil, simmer gently until tender. Then drain the parsnips well and arrange on a hot vegetable dish. Pour over melted butter, sprinkle pepper and salt and add just a little lemon juice or vinegar to it and serve hot. Boiled parsnips, pulped through a sieve and reheated with cream or buttermilk, and served piled on a dish with a seasoning of pepper and salt, is usually sent to table with beef or salt fish.

Fricassee of Parsnips. Scrape a few parsnips, wash well, and boil them in milk, or milk and water, equal parts until tender; then remove them and cut each into four, if large. Now add to the milk they were boiled in, a piece of butter about half ounce, a pinch each of salt and pepper and thicken the whole with a little flour. Now put the cut-up parsnips back into the dressing, and allow it to simmer some time and serve hot.

Oreamed Parsnips. Bake or steam the parsnips until tender, slice them and add a little salt and a cup of thin cream. Let it stew gently until nearly dry, or rather just boil up once and serve.

Mashed Parsnips. Trim and slice thinly the parsnips and either bake or steam them until tender. When done mash free from lumps, removing all hard or stringy portions. Add salt to taste and a few spoonfuls of thick sweet cream and serve.

Pumpkin

Pumpkins belong to the same family as the vegetable marrow and can be cooked according to any recipe for that vegetable. It makes excellent soups or vegetable entrées, and is quite palatable when stewed and baked.

To Select. Choose tender, plump and smooth ones with no soft spots on them.

To Prepare for Cooking. Pare the rind off well, remove seeds and stringy portion and cut into pieces or dice. Remove also much of the pithy part attached to the seed and wash well and use.

Recipes

Pumpkin Au gratin. Prepare pumpkin for cooking as above and boil a pound of it in salted water. Cut it up into dice and keep by. Melt one ounce of butter in a pan, add the pumpkin bits, a grate of nutmeg and salt and fry them a little. Put this mixture into a gratin dish, coat it thickly with grated cheese, with few bits of butter here and there, on the top of it, and bake till the cheese melts and browns lightly. Serve in the dish it was cooked and hot as possible.

Pumpkin Pie. Cook a bit of pumpkin as usual and rub

through a sieve. Take about four heaped tablespoonfuls of this pulp and add to it four ounces of rich milk, pepper and salt, two well beaten eggs, one ounce butter, a little grated nutmeg and cinnamon powder. Put into a greased pie dish, sprinkle bread-crumbs over and bake a nice brown and serve hot.

Pumpkin Soup. Take a slice of pared pumpkin, cut up and stew it in butter until tender, then reduce it to a purée. Add sufficient hot milk flavoured with cinnamon or lemon as may be required, to thin it for soup. Add a little salt to it. Have a couple of eggs well mixed to a froth and put into the soup tureen, and when the soup is well heated or very hot, pour over the eggs in the tureen and serve hot.

Boiled Pumpkin. Boil a thick slice of pumpkin after paring and removing the spongy part and seeds. Melt a spoonful of butter in a pan, slice an onion very thinly and add to it, and cook till lightly browned, next season it with pepper and salt. Slice up the bit thinly and place on a dish and pour over it the prepared butter and serve hot.

Papaya

This vegetable is eaten raw when ripe, and is also cooked when green, in the latter stage it acts as a powerful digestive, and is a splendid green vegetable when boiled till soft in salt and water and served with white sauce. When ripe it is considered a fruit, and will not bear cooking; it is delicious when prepared and eaten with wine and sugar; and is besides very wholesome and a good aid to digestion. The leaves of the plant are useful for wrapping up meat and other perishable foods, as they will keep it from decomposition. This fruit when cooked raw with tough meat, renders it very soft.

Green papaiya could also be made into very good pickles, either chopped up fine or in slices; if they are slightly ripe all the better and use good vinegar.

Radish

There are three kinds, the long red, the small turnip shaped and the white radish, but the inside portion of all is white. They are sometimes cooked but more commonly served raw. Radishes are not possessed of a high nutritive value, being very similar to the turnip in composition, and unless very young and tender are quite difficult of digestion. Radishes are sometimes cooked. Radish is generally considered a pleasant stimulating condiment. Radish juice mixed with sugar-candy is a useful German remedy for hoarseness and coughs.

To Select. Select tender ones, as when grown old, they become porous and unfit for food. To be in perfection, radishes should be freshly gathered and very tender.

To Prepare for Cooking. When preparing radishes for the table, wash them thoroughly and leave about an inch and half of the stalk. Cut the fibres from the bulbs, and lay them in cold water for an hour. Serve them in a circle on a plate with the stalk outwards, and a salt-cellar in the centre. Radishes are very commonly added to salads.

Recipes

Boiled Radishes. Wash, scrape, trim the Radishes and cut them into thick slices. Boil in salted water until tender. Strain them and put into a well-flavoured white sauce and gently simmer for a while. Serve on a hot dish, pour the sauce over and sprinkle with chopped parsley.

Rhubarb

This vegetable is appetising, as well as wholesome, and is excellent for purifying the blood and for the liver as well. When very young the stalks require only to be wiped with a damp cloth, and then cut into suitable lengths for cooking. When they are fully grown and thick, the stalks skin should be thinly peeled off by the aid of a knife. Rhubarb is only good for sweet cooking and can be stewed and served with cream, made into tarts, compôte, fritters, flummery, jam, fool and even soups both sweet and with meat stock. A good wine is also prepared out of the stalks of Rhubarb which is excellent.

Spinach

Spinach is considered a wholesome vegetable, is largely composed of water, with slightly laxative properties. There are several varieties of this, which are prepared and served as "greens".

To Select. Choose broad, thick, dark-green and crisp leaves.

To Prepare for Cooking. Pick over carefully and remove any decayed leaves and all tough stringy stalks. Wash in several waters, lifting it from one pan to another, to free it from sand and grit. Spinach may be blanched by putting into boiling water for a few minutes, then drained and put into a cold bath, moisture pressed out, and then chopped up and simmered in a sauce, or in milk and water. When very young spinach is used, it is best cooked in its own juices, in doing so, be careful and heat it gradually till the juice is drawn out.

Recipes

Spinach with Eggs. Boil and chop up spinach and toss it in hot butter with pepper and salt. Place in a dish or small patty pans; make a hollow in the middle of each like nests, and into this slip a carefully broken egg and put the dish or pans into a moderate oven until eggs are just set. Before sending to table pour a little Tomato sauce over. Fireproof glass dishes are better suited for making this dish. However serve very hot.

Spinach Croquettes. Boil and chop up some spinach and add to it a little salt, pepper and a grate of nutmeg powder, a dessertspoonful of fresh butter, and the same of grated cheese. Form into any shape either round or oblong. Dip in flour and then in the yolks of eggs beaten up, and then in bread-crumbs and fry in butter or any other medium, a golden colour and serve.

Spinach Fritters. Boil the spinach very soft and rub it through a sieve; add to the pulp some grated bread, a little grated nutmeg and ginger. Beat up two or three eggs according to the quantity of spinach used and add a little milk or cream to make the preparation into a good drop batter. Mix all well together and put spoonfuls of the batter into boiling fat or any other medium, and fry until the fritter rises, drain and serve at once.

Spinach Soup. Take about a pound of spinach and wash well in several waters and put it into a pan and cook it gently without water. Add, to one small onion shredded a few small bits of celery. When cooked, remove the celery bits and rub the spinach through a sieve, then return the pulp to the pan with a pint or twenty ounces of stock or weak broth, about five ounces of milk, and half ounce of

butter and stir until boiling. Add seasoning just a little pepper powder and salt and serve. Hand dice of fried bread with it.

Boiled Spinach. Wash well and pick over the spinach carefully and put to cook in a pan over low heat, until the water in the spinach itself begins to ooze out. Then cook gently until soft, and chop it up finely or rub through a sieve. Melt one ounce of butter (to a pound of spinach taken) in a pan, add the spinach, season with pepper and salt and a pinch of nutmeg and stir over fire until it is hot. When ready, put the spinach into a hot dish, and garnish with croûtons of fried bread, or press into a hot mould and turn it out.

Spinach with Cream. Is cooked, sieved spinach, reheated with butter and cream and served.

Spinach Pureé. Is cooked, sieved spinach, reheated in white sauce, and should be fairly stiff, as it is used as a garnish.

Spinach Soufflé. Rub a pound of cooked spinach through a sieve into a bowl, season with pepper and salt to taste, add a little lemon juice and a pinch of nutmeg to it. Beat up the yolks of two eggs and stir them into the mixture, and then add to it about two ounces of white sauce rather thick, and stir in lightly the whipped whites of the two eggs. Put the mixture into a well-greased soufflé dish or mould and tie a band of greased paper round it to avoid its coming over; bake in a moderate oven until well risen and firm to the touch. When serving remove the band of paper and send the dish as it is, standing it on another dish, and at once from the oven.

Turnips

The turnip forms an agreeable culinary vegetable. The turnip contains no starch, but instead, a gelatinous substance called pectose, which during the boiling process is changed into a vegetable jelly, called pectine. The white lining just inside the skin is rather bitter, hence the tuber should be peeled sufficiently deep to remove it. When well cooked, turnips are quite easily digested.

To Select. Choose turnips which are plump and with no decay spots on them and tender as possible. When turnips are old they become spongy, pithy or cork-like, when they are unfit for food.

To Prepare for Cooking. Thoroughly wash and scrape turnips if young and tender, or pare them if more mature. If small, they may be cooked whole; if large, they should be cut across the grain into slices, a half inch in thickness. If cooked whole, care must be taken to select those of uniform size; and if sliced, the slices must be of equal thickness. Too much cooking discolours and renders them strong in flavour, so cook rapidly till tender.

Recipes

Boiled Turnips. Prepare as given above and put into boiling salted water and cook rapidly until tender, when tested with a fork. They may also be cooked in half milk and half water boiling, with salt in it. Drain well and arrange in a hot vegetable dish, with pats of butter over and a sprinkling of white pepper.

Mashed Turnips. Take some well cooked turnips and rub them through a sieve; add to the pulp some butter, white pepper or cayenne to taste and if necessary a little salt.

Keep stirring over the fire until the butter is well mixed up and when thoroughly hot, dish and serve. A little cream or milk added is an improvement.

Baked Turnips. Select turnips of uniform size; wash and wipe, but do not pare. Bake in a moderate oven until tender. Peel and serve at once either mashed or with cream sauce. Turnips are much better and sweeter when baked than when cooked in any other way.

Steamed Turnips. Select turnips of uniform size; wash, pare and steam rapidly till tender. Mash or serve with lemon juice or cream sauce as liked.

Creamed Turnips. Pare some young white turnips; boil till tender in a small quantity of water and then drain well. Mix a tablespoonful of flour in about twenty ounces of milk. Arrange the turnips whole in a baking dish, pour the sauce over them, add salt to taste, sprinkle top with grated bread-crumbs and brown in a quick oven.

Turnips in Juice. Boil, after washing and peeling some young white turnips whole, in sufficient water to keep them from burning. Cover closely and cook gently until tender by which time the water in the pan will be reduced to the consistency of syrup. Serve at once.

Cream-of-Turnip Soup. Take some boiled turnips and pass through a sieve and keep the water in which it was cooked. Heat in a pan about ten ounces of milk and ten ounces of the water in which the turnips were boiled. Add to it some salt and pepper to taste. Mix to a paste a tablespoonful of flour and butter and add to the soup. Now put into it a cupful of the turnip pulp, and if the soup is found too thick, add just a little milk to bring it to the required consistency and serve hot. If liked, stock or weak broth may be used instead of the milk.

Tomatoes

Tomatoes are much valued in cookery and is generally very highly esteemed as an article of diet. Tomatoes may be eaten raw or cooked and they lend themselves to such a variety of treatment in the preparation of soups and various mixed dishes. The food value of the tomato is found to be very valuable as its vitamin contents is great and it is the only vegetable where the vitamin contents never changes or lessens either when bottled or cooked. There are several varieties of tomatoes, the round usual ones, the pear shaped, the golden queen or egg tomato, known as the tree-tomato and many others. A few recipes are only here given as space won't permit of more.

To Select. The best ones are those that are evenly round and plump with firm smooth skin and of a bright scarlet colour. Perfectly fresh, with unshrivelled stems and with no decay or green spots on the tomatoes. Pear-shaped tomatoes should have a shining skin and firm to the touch. In golden queen tomatoes, known as the tree-tomato, choose solid ones with smooth bright scarlet or yellow skins.

To Prepare for Cooking. To peel tomatoes, stand them covered with boiling water for a minute, this process loosens their skins, then peel them. To serve tomatoes raw, they should be perfectly ripe and fresh. Tomatoes should be cooked in porcelain vessels and never in iron pans, as it makes them look dark, and is unwholesome. When pulping tomatoes their skins could be removed through a sieve.

Recipes

Tomato Fritters. Take six large tomatoes and cut each into three slices. Sprinkle these slices with pepper and

salt, chopped parsley and a little lime juice. Make a frying batter with flour and water thick enough to adhere to the slices, then dip the tomato into this and fry in hot fat, butter or ghee and serve hot.

Tomato Pulp baked. Take the pulp of half a pound of ripe tomatoes by sieving them. Heat half an ounce of butter in a pan and fry an onion in it till brown. Add to it now the tomato pulp and three tablespoonfuls of bread-crumbs, next season the whole with salt, pepper, a pinch each of sugar and nutmeg. Pour the mixture into a greased pie-dish, cover the top with bread-crumbs and put here and there on the top a few lumps of butter and bake in a moderately hot oven for fifteen minutes.

Devilled Tomatoes. Slice and keep by six firm tomatoes. Make a sauce as follows:—Take yolks of two hard boiled eggs, with two ounces of butter and two tablespoonfuls of lemon or lime juice or even vinegar, half teaspoonful of mustard powder, a little sugar, a little cayenne, and mix all thoroughly and turn into a saucepan. When well heated add to it two tablespoonfuls of milk and salt to taste and stir until mixture thickens. Place a pan on the fire with a little butter and put in, when heated, the slices of tomatoes, and cook very slowly for a few minutes, then put the tomatoes on a hot dish and pour the prepared sauce over them and serve at once.

Tomato Pie. Slice a dozen ripe tomatoes and keep ready. Have a pound of boiled potatoes well mashed with one dessertspoonful each of chopped parsley, and onion; add pepper and salt to taste; next add to it one ounce each of grated cheese, butter and bread-crumbs. Add to it just sufficient milk to form the mixture into small balls. Now place the slices of tomatoes and the potato balls in layers in a greased

pie-dish and strew over the top thickly with bread-crumbs and put on top of it pats of butter here and there and bake in a hot oven for twenty minutes and serve hot.

Tomato Rarebit. Take six large ripe tomatoes and pulp through a sieve and stir into this about five ounces of milk and keep by. Melt in a pan one ounce of butter and when heated stir into it one dessertspoonful of flour, mix until smooth and then add the prepared pulp to it and keep stirring until it boils. Then add two ounces of grated cheese, a pinch of soda and just a little cayenne or chillie powder with one egg well beaten up. Stir all well together until thoroughly hot but do not boil again. Serve hot with a sprinkling of chopped parsley on the top.

Cream-of-Tomato Soup. Cook some ripe tomatoes ten minutes or till soft, add a pinch of soda to it and strain out the pulp through a sieve. Heat a pint or twenty ounces of milk in a pan and thicken it with flour and butter a table-spoonful each and then stir in the tomato pulp slowly into the thickened milk also pepper and salt taking care that it does not cook after being mixed and serve at once very hot. If carelessly made the soup is apt to curdle.

Vegetable Marrow

This vegetable belongs to the gourd family and there are various kinds of same. The most delicate are those which are quite young and in which the seeds have not begun to form and these are cooked whole. Marrow is easily digested, and delicate in flavour.

To Select. Choose tender, fresh and plump ones with no soft spots on them.

To Prepare for Cooking. Small and tender marrows are cooked whole, the older ones should be peeled, seeds removed and cut into pieces. Marrows are best baked, steamed or braised in preference to boiling as boiling renders it rather insipid, it should be usually served with a sauce, piquant or otherwise, to give it flavour.

Recipes

Boiled Vegetable Marrow. Peel, cut up and cook the marrow in boiling salted water until tender, drain, put into a hot vegetable dish, pour white sauce over and serve. But it is much nicer to steam the marrow instead of boiling.

Fried Vegetable Marrow. Take a young marrow, peel it and then cut across in slices half inch thick. Remove seeds from centre of the rings, put these on a plate and sprinkle pepper, salt and lemon juice. Keep by covered for an hour, then drain on a soft cloth, dip each ring lightly in flour and dry it. Shake off any loose flour before frying. Make a thick batter with flour and water, dip each ring into it and drop into hot fat or oil and fry till pale brown. Drain and keep by; do not put too many rings together into the batter at once. Fry them as you dip them. Pile the marrow neatly on a hot dish, shake a little pepper and salt over and garnish with fried parsley.

Savoury Marrows. Take a tender marrow, cut it lengthwise into quarters, scoop out the centres, place it in a pan with dabs of butter, season with pepper and salt and keep stirring it over the fire with some milk and a dessertspoonful of grated cheese. Then put it into a greased pie-dish, sprinkle with bread-crumbs and grated cheese and place in a hot oven for a few minutes and serve with a good sauce.

Vegetable Marrow Braised. Place a pan on the fire and put into it an ounce of butter and when heated fry in it a Spanish onion sliced and two good-sized tomatoes. Have vegetable marrow peeled and cut into neat square pieces, add a little hot stock and peppered salt. Let all simmer together till the marrow is cooked, and serve very hot.

Vegetable Marrow au Gratin. Peel a small marrow, cut in pieces, remove the seeds and cook in boiling salted water till tender. Drain and keep by in a fire-proof dish or pie-dish. Now make the sauce for the marrow. Melt one ounce of butter, add to it when well heated half an ounce of flour and mix together, then four to five ounces of milk or milk and water equal quantities, and boil well for a few minutes. Add salt and a little cayenne or chillie powder to taste, and one ounce of grated cheese. Now coat the marrow in the dish with this sauce, sprinkle another ounce of grated cheese over the whole and brown in a hot oven.

Vegetable Marrow Soup. Take two young marrows, pare and slice them and put them to cook in about two pints of white stock. When very soft pass it through a sieve and keep by and just before serving add to it after boiling it up a bit, about five ounces of cream and some salt and white pepper to taste. Serve hot. The consistency of the soup could be brought up to the required thickness by adding or decreasing the stock used.

Sauces

There are a few sauces mentioned in the preparation of dishes given in this book. So I here give the recipes for them and also for a few others as well; as sometimes the blending of two or more sauces are frequently recommended. The making of sauces has to be very carefully done and the causes of failure in making them may be summed up as follows:—If undercooked it tastes raw, and sauces with flour, must after thickening, cook at least for five minutes. If over-boiled the butter sometimes oils. If too thick it looks unsightly, and if too thin, it will not coat any article properly. Stirring well, when making a sauce is highly essential, otherwise, when it is thickening it will become lumpy and may burn. Sauces made with eggs if boiled too much may curdle. If sauces are not sufficiently flavoured they taste insipid and if too highly seasoned and flavoured it detracts from the flavour of the dish, with which it is served instead of blending with it. So it must be well understood that the mixing of sauces and its flavour has much to do with the success of any dish with which it is served.

Recipes

White Sauce. Sometimes called *Melted Butter*. Take an ounce of butter and melt it over a moderate fire and add to it by degrees an ounce of flour, when a smooth paste has been obtained work it over a low fire for three or four minutes but without allowing it to turn brown; then dilute it by degrees with fifteen ounces of milk and water equal parts, add a saltspoonful of salt, mix vigorously until very smooth and then bring the mixture to the boil. Now

remove the vessel from the fire and then add to it another ounce of butter, mix until it melts and then strain it into a hot sauce boat prepared for it and serve. This sauce may be prepared with water alone. When milk is used it should be boiled and strained as a safeguard against curdling. If a slight sharpness is liked a little lemon juice may be added. Veal or chicken stock may be used instead of the milk and water if liked.

Parsley Sauce. Take a handful or so of parsley, wash well and throw it in a pan containing boiling salted water and continue boiling for five minutes, then drain off water, dry it in a cloth and put it in a mortar with an ounce of butter, pound it to a paste and stir this into three quarters of a pint of white sauce just before straining, instead of the ounce of butter which is added when making the white sauce. Sharpen with lemon juice.

Mint Sauce. Follow the recipe for the above sauce, blanching a dozen or so of tender mint leaves for five minutes as parsley; finish in the same way adding a teaspoonful of vinegar and the same of sugar.

Maitre d'hôtel Butter. Take two ounces of firm, fresh butter and add to it the juice of a lemon, a dessertspoonful of finely minced parsley, a pinch each of white pepper and salt; form it with a butter bat and set in ice or keep it in a cool place.

Sauce à la Maitre d'hôtel. Is made by adding an ounce of the above butter to three quarters of a pint of white sauce instead of plain butter when preparing and just before serving.

Melted Butter Sauce or Oiled Butter. Its butter plainly melted. Take three ounces of fresh butter, salt and pepper. Put the butter into a small clean pan and stir over low heat

until melted ; do not let it boil. Add a pinch of white pepper and two of salt, and the squeeze of a lemon. Allow it to settle off the fire and then pour it into a hot sauce-boat free from the sediment at the bottom. This sauce is served with globe artichokes and asparagus. This sauce is also called melted butter sauce.

Mayonnaise Sauce. Clear two eggs of the whites and the hard lumps and put the yolks into a basin with half teaspoonful of salt and one teaspoonful of made mustard. Mix them together with a wooden spoon. Then add about ten ounces or so of salad oil drop by drop stirring it all the time. When the sauce seems getting too thick, add two table-spoonfuls of vinegar gradually to it till it assumes the thickness of very thick cream. Add pepper and salt to taste. Keep it in a cool place till required. If this quantity is too much, prepare only half the quantity.

Sauce à la Poulette. Make a white sauce as given using milk and water. Have ready the yolks of two eggs and beat them up with an ounce of butter warmed and two table-spoonfuls of the hot prepared sauce. Then remove the sauce from the fire, cool it for two or three minutes and then stir the egg mixture into it through a strainer. Next place the vessel into a larger one containing boiling water deep enough to reach half way up the vessel placed inside. Stir it like making custard and when the sauce seems smooth, creamy and thick enough to coat the spoon when taken up, it is ready for use. A slight sharpness may be given to it by the use of lemon juice.

Brown Sauce is the same as white sauce, but using a pint of brown stock instead ; fry in butter, an onion, a teacupful of sliced carrots, parsley and herbs till light brown. Then add brown stock to it, simmer, skim, strain and use.

Salads

Salads can be made from almost any edible foodstuff, cooked or uncooked, and their variety is endless. They may be roughly divided into plain salads which usually accompany some dish, or *salades composées*, which form a separate course. Only a few recipes for vegetable salads will be dealt with here, as from the hints given it will be easy enough for the clever housewife to further turn out her own salads with the right combination of ingredients and salad dressings.

The secret of successful salad-making lies in the skilful blending of the different ingredients which should be of the best quality and of serving the same in an attractive manner; for a salad must always look cool and inviting as there is nothing more appetizing and refreshing than a fresh green salad. Such a one would also add to the decoration of the dinner table. Regarding salads as food, it would be of interest to all to know the advice given by Mr. Charles E. Hecht, Honorary Secretary of the Food Education Society. He recommends the "salad road" for those who wish to become slim, and says that the consumption of salad, by encouraging that of oil, tends to make the human machine run more smoothly. This in turn checks any inclination to clogging which in one individual may display itself in the form of fatness, in another that of thinness.

A salad demands two things :—Its vegetable foundation, and its dressing both of which may be a good deal varied. First as regards the foundation of a salad. This may be composed of cooked as well as of raw material. The raw vegetables principally employed being lettuce, the inner very tender leaves of the cabbage, tomatoes, celery, spring onions, cucumber, parsley, young radish, and carrot, which latter

should be grated and mixed in. Among cooked vegetables beetroot, French beans, potatoes, artichokes, asparagus, sprigs of cauliflower, haricot beans, vegetable marrow and all root vegetables. Regarding salad dressing a great deal might be written but the recipes here given are the ones in most use. French salad dressing made with oil, vinegar, pepper powder and salt, and sauce vinaigrette, are used for plain salads, and English salad dressing, in which eggs are used, for all other salads. These three salad dressings given would be quite enough to meet the ordinary requirements. Great care should be taken in the mixing of the salad dressing, and to become perfect in the art, the following Spanish recipe for its preparation would give a note of warning, so mark and remember it: "Add oil like a spendthrift, vinegar like a miser, and stir the whole like a madman."

To Prepare Salad Vegetables. All green vegetables should be young, fresh and crisp. Wash carefully in cold water and handle them as little as possible. Then dry them by shaking them in a wire basket and next toss them lightly in a clean dry cloth, and spread it out as much as possible on the cloth until required. Lettuce is prepared by washing each leaf separately in two waters. Tare up the leaves into small pieces and do not cut them with a knife. Radish should be washed and drained well, then rubbed with a cloth, if any large leaves, cut them off, but if the radishes are small and young, a few of the leaves may be left on as they form a garnish. Remove the string from string beans and cook them without breaking or cutting. Keep parsley in a glass of water, with only the roots wet. If remnants of cooked vegetables are used put them into a colander and pour hot water over them to rinse off any butter.

Salad Dressing. Should never be added to the salad until

ready to be served. But when adding mix thoroughly so that the dressing is incorporated with every portion of the vegetables. Use wooden or bone salad-forks for mixing and serving salads. A French dressing is usually served with green salads but salads which are served as a separate course are generally served with a *mayonnaise* or egg dressing of some kind. Always use the best oil and vinegars for salads. Lemon juice may replace vinegar and cream or unsweetened condensed milk make a good substitute for oil.

Recipes

English salad dressing. Take the yolks of three hard boiled eggs, and put into a cold deep dish and keep by the whites for garnish. Now rub the yolks smoothly with the back of a spoon and then add a little salt to it, about a salt-spoonful; a dessertspoonful of made mustard and half a salt spoon of white pepper powder. Then add to the whole a few drops of salad oil to just make it into a paste. Next put into it one raw yolk and work it with a fork, then again start adding drop by drop more olive or salad oil until ten ounces of oil has been used. During this keep working it up smoothly until the sauce turns thick, smooth and creamy. Add to it a tablespoonful of malt vinegar if you have not any herb vinegar in stock. This salad dressing is closely connected with *mayonnaise sauce*.

French dressing is only salad oil just sufficient to smear the leaves or vegetable used. Salt to taste and a dusting of coarse freshly ground black pepper.

Sauce Vinaigrette. Put into a soup plate a dessertspoonful of French mustard, a saltspoonful of salt and half a saltspoonful of pepper. Moisten with salad oil by degrees, using

a fork, add a teaspoonful of malt vinegar to eight teaspoonfuls of oil. Make twice this quantity which would suffice. Two teaspoonfuls of parsley, and one teaspoonful minced of the green stem of onion to be added. An additional garnish may be added in the form of one hard-boiled egg granulated by being pressed through a wire sieve. This should be scattered into the sauce to finish with. Now let us proceed with the salads.

Lettuce Salad. Reject all bruised and discoloured leaves and then pull off the good leaves from the stalk, and clean and dry as instructions given. Then tear the leaves to pieces with the hand and put them into a bowl. Turn them about with a wooden salad fork, while with the right hand sprinkle them with the best salad oil. As soon as every bit of leaf is thoroughly anointed and glittering as it were with a coating of the oil, shake over them some very fine chopped mild spring onion, and dust the whole with salt, mixed with coarse freshly powdered black pepper. Do all this additions, but don't stop using the fork for tossing it about. Lastly sprinkle the salad with a few drops of good vinegar stirring while so doing. Be careful not to have a *sediment* of dressing. A thorough lubrication is all that is wanted. Suppress the vinegar as much as possible. Definite quantities cannot be fixed for the dressing of a salad of this kind. Regulate it according to the green lettuce used. Do not forget also that vinegar deadens crisp leaves and so keep it till the last stage to be added to the salad.

Tomato Salad. Blanch and peel the Tomatoes and slice them and sprinkle them with minced stems of spring onions. Use the same dressing as for lettuce but add a little more vinegar as Tomatoes are somewhat sweet. Strips of red or green chillie go well with it to absorb the juicy dressing ;

place slices of stale bread in the salad plates which makes the salad nice.

French bean salad. Cook the beans, drain, dry on a cloth and let them get quite cold, put them into a bowl and use the same dressing as for lettuce and prepare the same way.

Welsh salad. Blanched leeks cut in rounds, with lettuce leaves and celery strips; arrange in a dish and use French salad dressing. Garnish with cooked beetroot border round it.

Summer salad. Composed of lettuce, cucumber, artichoke bottoms, all cut into thin slices. Seasoned with English salad dressing and garnish with radishes and beetroot cooked and cut in slices or cubes.

Henriette salad. Sprigs of cooked cauliflower, fine shreds of cooked carrots, turnips, French beans and season it with French dressing.

Portuguese salad. Sliced tomatoes, finely chopped onions and parsley and use sauce vinaigrette dressing.

A delicious salad. Use finely shredded inner white leaves of the cabbage, celery hearts, and quarters of ripe tomatoes, and also cucumber in slices. Arrange the tomato cubes on the cabbage, the cucumber slices around this, and the celery hearts on either side of the plate, and prepare the whole well with French dressing.

Stuffed tomato salad. Take eight medium sized tomatoes scald and peel them; slice off their tops, scrape out the seeds and a little of the pulp and fill it up heaping full with chopped celery or cucumber mixed with English salad dressing. Make on separate plates nests of tender lettuce leaves, and put a tomato in each nest.

A few hints about Country Vegetables

Brinjals. Known as the Egg-plant (aubergines) are of several varieties, the best are those having a deep purple rich and shining appearance. There are the long purple and the round, and the round white variety which are all good; but the latter have rather a thorny stem, while the former a smooth stem. These are called in tamil as *Kathirekai*. Choose always tender ones, if too seasoned the seeds are plentiful and hard. The skins should be smooth and unshrivelled with freshly cut stalks. In preparing, remove the stalks and cut them as required, if for stuffing, cut in halves lengthwise or if for frying as fritters, slice thinly and for curries in bits. The Brinjal contains lots of vitamins.

Bendecai (Okra). These are nice when tender; to choose select pods with smooth skins and the ends should snap when broken. When too matured they become fibrey, and have a prickly skin. When preparing cut away the stalk closely and run the knife along to remove the roughness if any on the skin. The gummy substance of this vegetable is very soothing to the intestines, it is said.

Bottle-gourd. In tamil this vegetable is known as *Soriaikai* and is called club gourd. Choose tender ones as they are best and use like vegetable marrow. They should be deeply pared, cut up in bits, the seeds and strings removed and also much of the pithy part attached to the seeds, and then used.

Bread Fruit is an excellent vegetable and much used, and as its name implies can be used in place of bread. It is as large as a cocoanut in size and it is always best served either steamed or roasted. Boiling is the usual way, but not as nice as the former methods. After cooking, thinly remove the skin with a knife, slice round and serve hot. The inside core and

pith round it, must be removed before eating. Choose those that are firm with smooth warts on the outer surface of skin, firm and solid ones having no cuts or bruises on skin.

Country Beans. Of this there is a very great variety—both fresh and in their dried state. There is the **Sim or Country French Bean** known in tamil as *Mutcheh* and used when green as French Beans and in their dried state may be likened to Haricot Beans. There are varieties known as the Soy, Lima and Moth Beans and many others. In selecting all beans when in a raw state, they should be tender and fresh and in their dry state, they should be free from worm-holes or decay. In preparing beans of all kinds, if they are mature, they should be freed of their fibrey strings on the sides and cut up or used whole. When beans are very tender they have no strings on sides to pull off, and best used whole. Beans could be boiled and served with pepper and salt and used in a variety of ways.

Chocho. These are got either with green or cream-coloured skins according to the variety, and covered with soft prickles. Select firm, tender, sound ones. Pare them, slit into lengthwise, remove seed and woody portion and cook as recipe for pumpkin, and use also when making curries.

Drumstick. Known in Tamil as *Moringakai* is a very wholesome vegetable and it must be tender for use as, if matured too much, the seeds turn woody and the pulp is hard and quite unfit for food. When using, scrape the green skin off with a knife and then cut into four-inch bits and boil in salted water and add it to curries, or scrape after boiling, the pulp out, and mix with it some cocoanut milk, sliced onions, a few green chillies and with a few drops of vinegar a nice salad is thus made.

Greens. This comprises a very large family of the vege-

table kingdom and there are many varieties in use. Some of the common in use are here given. In selecting all greens be very careful to see that the leaves are fresh and crisp and not faded or limp in appearance and with no worm-eaten leaves between. The stems should also be tender. In preparing greens for cooking they should be very carefully picked and well washed to get rid of grit and sand and then drained well. All greens may be cooked just as spinach. The few well known varieties are the **Indian Sorrel** known in Tamil as *Chokeh-keeray* is an excellent variety.

Purslane. Known as *parpu-keeray* in Tamil, is one of the much used varieties, and there are three kinds of this but the green is the commonest in use.

Indian Spinach or White Basil known in Tamil as *Vasala-keeray* is used instead of spinach. There is the **Red Basil**, known in Tamil as *Shivappu-Vasala-Keera* which is a pot herb. Then there are the two varieties of **Sag** known in Tamil as *Tanda-keera* and *Sirru-keera*. The leaves and tender stalks of the former are used for curry and the leaves only of the latter are used for curries. **Jew's Mallow** known as *peratti-keera* in Tamil, the leaves are used as a pot herb.

Lāl Sag. Known as *mollay-keera* in Tamil, the tender stalks are also edible which may be treated as asparagus in the cooking.

Herbs. There are several kinds but the most generally found are parsley, mint, coriander leaves, thyme and a few others. Parsley should be densely curled leaves, dark-green and crisp. Mint, coriander and thyme should all be very fresh.

Karela or sin-fruit as commonly called owing to its bitter taste is known in Tamil as *Pavakka-chedi*. This vegetable is best when half grown and seeds tender, when it

has a rich green colour. When it ripens it turns bright orange-yellow and seeds and pulp red. Tender ones are best when sliced, rubbed over with salt and saffron and fried and can be made into pickle as well.

Luffa. Known in Tamil as *Pikunikai* when tender, are fit for use, but when over four inches and above in length, it becomes fibrey and spongy and unfit for food. This fruit has angles on the skin which has to be thinly cut away, and then pare thinly all skin, after it.

Snake gourd. This vegetable known in Tamil as *Kombu-pudalai* is nice when cut into equal bits, the inside scraped out and stuffed with forcemeat and made into curry or baked, and it could also be made into plain boil with onions, chillies, toss and in butter and served. Choose tender ones which will snap when broken in two. To prepare, slightly scrape the skin with a knife, cut in bits as required and remove the seeds and pulp from inside.

Sweet Potato. Known in Tamil as *Valli-Kilangu* or *Kapa-Kilangu* is very useful and could be used for sweet-dishes as well. Choose firm, plump ones free from any sprouts; if sprouted they will be found watery and of poor flavour. If too matured they will be fibrous instead of mealy.

Sweet Cassava or the Tapioca is one of the very best kind and can be used instead of potatoes. There are several kinds of this variety. The skins of this yam, both outer brown and inner white, should be removed, cut into bits, well washed and cooked in cold water for fifteen minutes; then drain off the water and again put it to cook in cold water till done. This second process or even a third is necessary, to rid it of its slightly bitter taste. But the white variety of this yam does not contain much of this bitterness and it is very nice for table use.

A FEW HINTS ABOUT COUNTRY VEGETABLES

White gourd. It is also called white gourd melon, or Chinese wax gourd, and in Tamil *Kaliyana-pushinikkay*. This can be prepared just as pumpkin, but it is rather flavourless. It is nice when made into sweets and preserves. Select tender ones and pare off the skin deeply, remove pithy inside and seeds, and cut into bits for use.

Wing-stalked-yam. Known in Tamil as *perum-vullie-Kalangu*. This is supposed to be the best variety and grows to nearly eight feet, and the weight comes to nearly sixty pounds. The **Taro** yam known in Tamil as *chamak-kizhangu* is also a variety not to be despised. All yams before preparing for cooking should be well washed, cut in bits and cooked in salted water, and then the skin should be pared off thickly.

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